

your weekly meal prep grocery list



Produce

- Strawberries
- Blueberries
- Celery
- Green onion

Protein

- Egg Whites
- Turkey Bacon
- Vanilla Protein Powder

Dairy

- Avocado Oil Mayo
- Plain Greek Yogurt
- White Cheddar Cheese

Pantry

- Canned Tuna
- Avocado Oil Spray
- Unsweetened Cranberries
- Apple Cider Vinegar
- Rolled Oats
- Creamy Peanut Butter
- Honey
- Chia Seeds
- Ground Flaxseeds
- Mini Chocolate Chips/Chocolate Candies

Miscellaneous

- Dijon Mustard
- Dried Dill
- Garlic Powder
- Sea salt
- Cinnamon
- Black Pepper
- English muffins
- Plastic wrap