Grocery Shopping List

* 4 pounds skinless, boneless chicken breast halves
* 1 pound beef sirloin, cut into 2-inch strips
* 4 tablespoons olive oil
* 2 lbs frozen broccoli florets
* 1 bag of mixed greens for salad
* 1 red bell pepper
* 4 large carrots
* 1 green onion, chopped
* 1 teaspoon minced garlic
* 6 cloves garlic (diced)
* 1 extra large sweet potato
* 1½ cup roughly diced onion
* 1 tsp dried rosemary
* ½ cup parmesan
* 1 lime
* 3 tablespoons chopped fresh cilantro
* 2 tablespoons soy sauce or Braggs liquid aminos
* 2 tablespoons sesame seeds
* 1(1.25 ounce) package dry taco seasoning mix
* 1 (16 ounce) jar salsa
* 1 package of Ole Extreme Wellness (or other high fiber wrap)
* 1 small box of Gallon size bags

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* 4 cups vanilla Dannon Light & Fit Greek yogurt
* 1 small bag frozen mixed berries (at least 2 cups or 16 oz)
* 1 bag Perky Jerky 5 oz (flavor of choice)
* 1 One protein bar (flavor of choice)
* Publix buffalo chicken dip
* 1 bag pre cut celery
* 1 bag mini rice cakes (flavor of choice)
* 1 small can almonds (flavor of choice)
* 2 Sargento Balanced Break (near cheese section)