Grocery Shopping List

* 4 boneless chicken breasts
* 1 lb shrimp, scallops or 10oz of chicken breast (cubed) fresh or frozen
* 2 cups pineapple chunks
* 1 lb lean ground beef or turkey
* 6 medium zucchini + spiralizer(or 4 servings of zoodles store bought)
* 1 red bell pepper
* 1 green bell pepper
* red pepper flakes
* salt and pepper
* olive oil
* 9 cloves of garlic or jar of minced garlic
* 4 tbsp of shredded parmesan (OPTIONAL)
* vegetable broth (1/4 cup)
* 1 teaspoon honey
* 2 lime
* 1 jalapeno
* cilantro
* 1 jar of Classico Spicy Tomato & Basil sauce (has low amount of carbs and sugar per serving)
* Aluminum foil
* Bbq sauce (1/2 cup of your choice, we recommend “G Hughes sugar free”)
* 2 cups of rice (OPTIONAL carb option)

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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)