

# Faithful Workouts

## MEAL PREP #4: GROCERY LIST

### Fruits and Vegetables:

- Sweet Potatoes - 1 large
- Cucumbers - 1 small
- Grape Tomatoes - 1 cup
- Peppers - 1
- Celery - 3 stalks
- Ginger - 1 small root
- Lettuce - 10 oz bag
- Banana - 1
- Strawberries - 1 pint
- Diced green chilis - 2 tbsp
- Dates - 2
- Dried currants - 3 tbsp

### Meat:

- Chicken: boneless, skinless thigh or breast - 3/4 lb

### Dairy:

- Feta Cheese - 1/2 cup
- Almond Milk - 1/4 cup
- Greek Yogurt - 1/2 cup
- Eggs - 2

### Spices/Sauces:

- Soy sauce - 1 tbsp
- Salsa verde - 1/2 cup
- Vanilla - 1 tsp
- Balsamic vinegar - 2 tbsp
- Coconut oil - 2 tbsp + 1 tsp
- Olive oil - 3 tbsp
- Maple Syrup - 1 tbsp
- Cumin - 1/4 tsp
- Chili powder - 1/4 tsp
- Cacao powder - 1 tbsp

### Other:

- Tortilla (corn or flour, preferably organic) - 5 small
- Quinoa - 2 cups cooked
- Black Beans - 15 oz can
- Almond Flour - 1/3 cup
- Dark Chocolate Chips - 1/3 cup
- Peanut/Almond Butter (make sure only peanuts/almonds and salt) - 1/4 cup
- Slivered Almonds - 1/2 cup

Print this list out to take with you next time you go to the store!