

Vacation Body Challenge Recipes

Week 1 Grocery list

Meat

- Haddock- 32oz
- Steak Tips- 12 oz
- Chicken Breast- 12 breast
- Ground Beef 1 lb
- Shaved Steak- 12oz

- 2 container Mushroom
- 4 Green Pepper
- 1 pint strawberries
- Raspberries 1 pint
- Blueberries- 1 pint
- 2 bags Kale
- 12 Cups fresh Spinach
- 2 white Onion
- 4 Avocado

Dairy/Miscellaneous

- Eggs- 2 dozen
- Skim Milk- 1 gallon
- Almond Milk – ½ gallon
- Cheddar Cheese- 1 bag, Monterey
1 bag, Mozzarella 1 bag
- Icelandic Yogurt- 1 large container
- Parmesan Cheese- 1 block
- Marsala Cooking wine
- Harissa Paste
- Sliced almonds
- Cashews

Produce

- 4 Bell Peppers
- 4 sweet potatoes
- 1 bag shredded Carrots
- 2 Cucumber
- 1 Mango
- 1 bag shredded Cabbage
- 1 bunch Cilantro

