

Vacation Body Challenge Recipes

Week 2 Grocery list

Meat

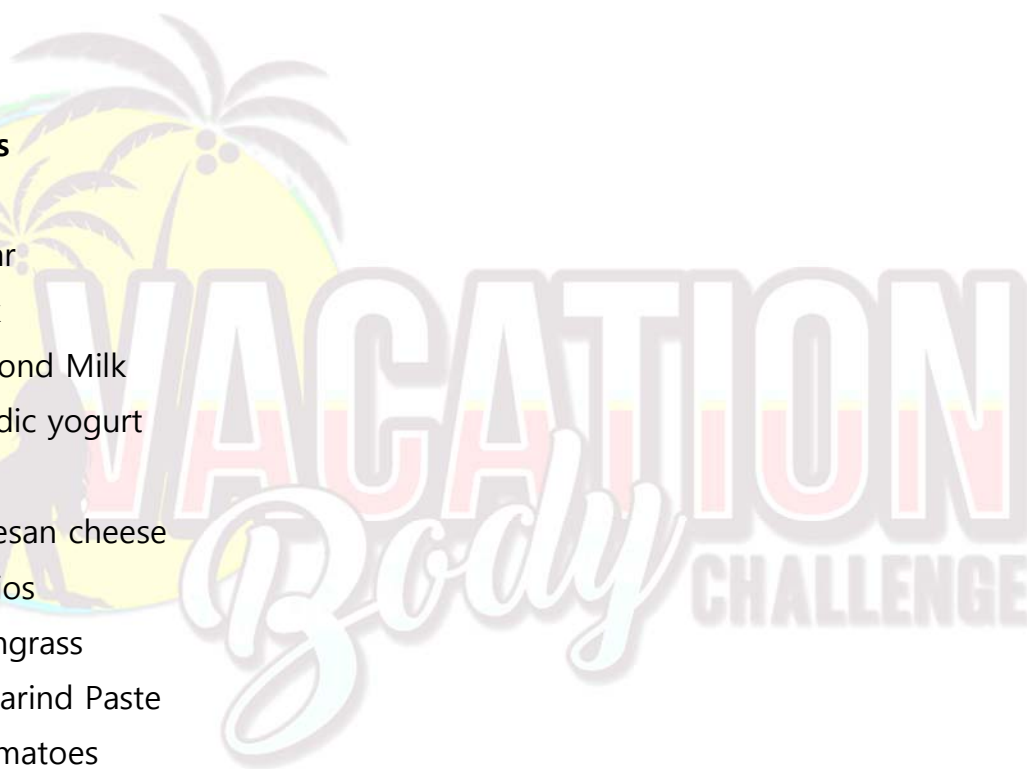
- ¼ lb Ham (deli ham)
- ¼ lb Pancetta (deli)
- 1 package (6-8 breasts) Skinless boneless chicken
- 16oz Shrimp
- 4 filets Salmon
- 4 filets Lamb

Dairy/Miscellaneous

- 1 dozen Eggs
- 1 bag Cheddar
- ½ gallon Milk
- ½ gallon Almond Milk
- 1 large Icelandic yogurt
- Half and Half
- 1 block parmesan cheese
- 1 bag Pistachios
- 2 stalks lemongrass
- Small Jar Tamarind Paste
- 16 oz Can Tomatoes

Produce

- 2 Avocado
- 2 beets
- Fresh mint
- 1 package Cherry tomato
- 2 Onion
- 2 cups Brussel sprouts



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- 2 Sweet potato
- 8oz Mushroom
- 2 Onion
- 4 cups Bok Choy
- 1 small bag kale
- 1 cup Okra
- 1 head Cauliflower
- 1 Green Apple
- 1 bag shredded Cabbage
- 2 bulbs Fennel
- 1 Carrot
- 1 Cucumber

