

Vacation Body Challenge Recipes

Week 3 Grocery list

Meat

- 1/4 lb Turkey sausage
- 16oz lamb cubes
- 1lb Pork (cubed, off bone)
- 1lb Ham Steak
- 1lb Haddock (4 filets)
- 2.5lb lb Sirloin Steak

Dairy/Miscellaneous

- 1 can Black eyed peas
- 2 dozen Eggs
- 1 jar Salsa
- 1 container Sour cream
- ½ Gallon Milk (or Soy milk)
- 1pint heavy whipping cream
- Peanuts
- Almonds
- Pecans
- Unsweetened Chocolate (8oz)
- 1 container (4oz) Feta
- 1 Large Container Greek yogurt
- 1 block Parmesan cheese
- Coconut milk ½ gallon or large 16oz can
- Low Carb Wraps

Produce

- 2 Avocado
- 2 beets
- Fresh mint
- 1 package Cherry tomato

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- 2 Onion
- 2 cups Brussel sprouts
- 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

