

# Vacation Body Challenge Recipes

## Week 4 Grocery list

### Meat

- 1lb Bacon
- 5oz pancetta
- 2lb Ground turkey
- 2 package Chicken breast (8 breasts)
- 4 Salmon filet (24oz)

### Dairy/Miscellaneous

- 2 dozen Eggs
- ½ gallon Milk
- 1 pint heavy cream
- 1 package Cheddar
- 2 Large container Icelandic yogurt
- Small Container (4oz) Feta
- Small package (3-4oz) Goat cheese
- 32oz can tomatoes
- Sugar free orange marmalade

### Produce

- 1 bag fresh Spinach
- 1lb bag frozen spinach
- 1 Onion
- 1 bag shredded Purple cabbage
- 1 small jar Sun dried tomatoes
- 2 large Collard green leaves
- 2 crowns broccoli
- 1 pint Strawberry
- 1 pint Blueberries

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- 2 Sweet potato
- 1 package fresh Basil
- 1 package fresh mint
- 1 package fresh Dill

