

Vacation Body Challenge Recipes

Week 5 Grocery list

Meat

- Chicken breast (8 breasts)
- 28 oz Steak tips
- 1.25lb Shrimp

Dairy/Miscellaneous

- ½ Gallon Milk
- 2 bags (8count) String cheese
- 1 dozen Eggs
- 1 loaf Ezekiel bread
- 1 Quart Cottage cheese
- Large Container Icelandic yogurt
- 1 block Parmesan
- 1 pint Cream
- 1 15oz can Tomato Sauce

Produce

- 1.5lb Cauliflower
- 4 medium apples
- 1lb brussel sprouts
- 1 Onion
- 1 bag Kale
- 2 cups fresh parsley
- 2+ cups fresh cilantro

