

Vacation Body Challenge Recipes

Week 6 Grocery list

Meat

- 1lb Smoked salmon
- Lamb; 8 ¼ lb filets
- Chicken breast- 8 pack
- Mahi mahi- 40oz Mahi Mahi. (can substitute for alternative white fish if not in season)
- 18 oz Shrimp
- 1 package bacon

Dairy/Miscellaneous

- 2 dozen Eggs
- 1 package Cheddar
- 8oz package Cream cheese
- 1 small container Pumpkin seeds
- 1 small container Sunflower seeds
- 1lb bag almonds
- 1 8oz bag deshelled salted pistachios
- Icelandic yogurt
- Ezekiel bread
- 1 bag Pistachios
- Small bag dark chocolate chips

Produce

- 1 package sliced mushroom
- 1 cucumber
- 1 package Dried apricots
- Spinach
- 4oz Dates

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- Peas (10oz frozen)
- 1 Zucchini
- 1 Yellow squash
- 1 bunch fresh asparagus
- 1 package fresh Mint
- 1 package fresh tarragon
- 2 Lemongrass stalk fresh
- 1 Cucumber
- 1 bag chopped romaine
- 1 leek
- Pomegranate seeds

