

# NUTRITION PLAN

## SHOPPING LIST

### GROCERIES

<b>item Name</b>	<b>item Name</b>
<b>1- olive oil</b>	<b>2- apple cider vinegar</b>
<b>3-white fish</b>	<b>4- eggs</b>
<b>5- chicken bread burlr</b>	<b>6-pineapple</b>
<b>7- mango</b>	<b>8-cantaloupe</b>
<b>9- watermelon</b>	<b>10- potatoes</b>
<b>11- plums dried</b>	<b>12- spinach</b>
<b>13-coconut milk</b>	<b>14-almond or peanut butter</b>
<b>15-pistachios roasted and salted</b>	<b>16-beef steak lean</b>
<b>17- salmon steak</b>	<b>18-soy sauce</b>
<b>19-kitkat</b>	<b>20-quinoa</b>
<b>21-basmati rice</b>	<b>22-rice cakes</b>
<b>23-mango dried</b>	<b>24-almond milk</b>