

NUTRITION PLAN

SHOPPING LIST

GROCERIES

| item Name | Detail |
|--|---|
| Granola sante | kellogg's corn flakes |
| Greek yogurt plain low fat | almond milk |
| Bananas and mangoes | cinnamon and thyme |
| Apples and figs and red grapes | kit kat |
| pears (optional) | watermelon or cantaloupe or pineappple |
| corn for popcorn | cottage cheese |
| beef steak/salmon steak depending on choices | arrugula and greens for salad |
| chicken breast / white fish depending on choice | honey |
| basmati rice | olive oil |
| potatoes | |
| lentils | |
| weetabix | |