

Trim Healthy Mama: Week One Grocery

List

Ezekiel bread
Almond milk
Frozen strawberries
Truvia
Sea Salt
Jay Robb Whey Protein Powder
vanilla extract
eggs
chicken breasts
salad greens
olive oil
balsamic vinegar
Joseph's pita
Light Laughing Cow cheese
low-carb tortillas
cheddar cheese
tomato
onion
sour cream
salsa
Breyer's Carb Smart bars
Almond Flour
Golden flax meal
coconut oil
cocoa powder
turkey bacon
bacon
canned tuna
light mayo
canned chickpeas/garbanzos
Greek yogurt
heavy cream
Parmesan cheese
butter
Dreamfield's pasta
fresh mozzarella
natural peanut butter
cream cheese
frozen blueberries
salmon filets (frozen)
quinoa
light balsamic dressing
regular mayo

chicken legs
broccoli
ranch dressing
lemons
old fashioned oats
sugar free syrup
apples
cottage cheese
Polaner jam with Fiber
frozen cauliflower
mozzarella cheese
pizza toppings
turkey smoked sausage
medium sweet potato
Bragg's liquid aminos (not necessary)
ground beef
tomato paste
diced tomatoes
garlic
crushed pineapple
diced chiles
chicken lunchmeat
pot roast