



TURN UP MARCH CHALLENGE GROCERY SHOPPING LIST

Disclaimer: This grocery list includes everything necessary to follow this month's challenge meal plan. Check your pantry before visiting the grocery store and cross off items that you already have. This is an extensive list that includes every item for every food option listed on the meal plan. On-the-go foods are optional & should only be purchased/eaten as part of the plan when you do not have time to prepare the listed meal.

Fresh Produce Fruits and Vegetables		
<input type="checkbox"/> Pint strawberries	<input type="checkbox"/> Pint blueberries	<input type="checkbox"/> Container apple slices
<input type="checkbox"/> 4 bananas	<input type="checkbox"/> Carrot sticks	<input type="checkbox"/> Celery sticks
<input type="checkbox"/> 8 oz Walnuts	<input type="checkbox"/> 8 oz Pecans	<input type="checkbox"/> 3 packs mixed salad greens
<input type="checkbox"/> 2 medium sweet potatoes	<input type="checkbox"/> 2 medium russet potatoes	<input type="checkbox"/> Pint cherry tomatoes
<input type="checkbox"/> Bunch of kale	<input type="checkbox"/> Shredded carrots	<input type="checkbox"/> 1 red onion
<input type="checkbox"/> 1 Cucumber	<input type="checkbox"/> 1 each Green/red bell peppers	<input type="checkbox"/> 8 oz Almonds
<input type="checkbox"/> 1 bag of baby spinach	<input type="checkbox"/> Avocado	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> 2 medium sweet potatoes	<input type="checkbox"/> Arugula	
Meat/Poultry/Seafood		
<input type="checkbox"/> 16 oz Chicken breast	<input type="checkbox"/> 16 oz shrimp	<input type="checkbox"/> 16 oz Salmon or Cod
<input type="checkbox"/> 16 oz lean pork loin or chop without bone	<input type="checkbox"/> Canadian bacon	
Beverages		
<input type="checkbox"/> Bottled water	<input type="checkbox"/> Tea	<input type="checkbox"/>
Spices		
<input type="checkbox"/> 100% Maple syrup	<input type="checkbox"/> Hummus	<input type="checkbox"/> All-natural peanut butter
<input type="checkbox"/> All-natural almond butter	<input type="checkbox"/> Lite vinaigrette of choice	<input type="checkbox"/> Salsa
<input type="checkbox"/> Firm tofu	<input type="checkbox"/> Marinara sauce	
Dairy/Cheese/Eggs		
<input type="checkbox"/> Dozen eggs	<input type="checkbox"/> 8 oz, 2% cheddar cheese	<input type="checkbox"/> 5 Chobani plain greek yogurt
<input type="checkbox"/> Reduced fat mozzarella cheese	<input type="checkbox"/>	<input type="checkbox"/>
Dry Goods and Mixes		
<input type="checkbox"/> Brown rice	<input type="checkbox"/> Whole wheat bread	<input type="checkbox"/> Ezekial bread
<input type="checkbox"/> Protein powder – no more than 4 grams of sugar per serving	<input type="checkbox"/>	<input type="checkbox"/>
Frozen Food		

Brought to you by Femme Fitale Fit Club and Squirrel Nutrition



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<input type="checkbox"/> 10 Steamed vegetable packs	<input type="checkbox"/> 1 package of frozen mixed fruit	<input type="checkbox"/>
Breakfast Food/Cereal/Snacks		
<input type="checkbox"/> Turkey bacon	<input type="checkbox"/> Grits	<input type="checkbox"/> Whole wheat English Muffins
<input type="checkbox"/> Plain oatmeal	<input type="checkbox"/>	<input type="checkbox"/>
Canned Goods		
<input type="checkbox"/> Black beans		