



EAT HEALTHY

**CHALLENGE**

FEEL GOOD



[lululively.com](http://lululively.com)

# Lulu Lively

## Grocery List

### Produce

- 1 banana bunch
- 1 package strawberries
- 1 package blueberries
- 2 packages spinach
- 4 avocados
- 1 bunch of cilantro
- 1 bag broccoli
- 1 box mushrooms
- 2 red bell peppers
- 1 bag baby carrots
- 1 sweet onion
- 1 whole garlic
- 1 1/2 LB butternut squash
- 3 Roma tomatoes
- 1 bunch fresh basil
- 1 honeydew melon
- 4 Fuji apples
- 1 celery stalk
- 2 large lemons
- 2 large limes

### Meat

- 1 whole chicken
- 8 chicken breasts
- 2 wild caught salmon fillets
- 1 LB. ground beef
- 1 LB steak
- 1 package nitrate-free bacon

### Other

- 1 small bag tortilla chips
- 1 bag frozen corn
- 1 can black beans
- 1 bag Quinoa
- 1 can fire roasted diced tomatoes
- 2 cans enchilada sauce
- 1 box low-sodium chicken broth
- 1 taco seasoning package
- 2 containers fresh salsa
- 1 can black olives
- 1 bag panko crumbs
- 1 container hummus

### Eggs & Dairy

- 2 dozen eggs
- 1 bag 3 blend cheese
- 1 container Plain Greek Yogurt

### Spices & Sauces

- pepper
- pink Himalayan salt
- cayenne
- smoked paprika
- low sodium soy sauce
- sriracha
- honey
- cumin
- garlic powder
- brown sugar
- pure maple syrup

Note: Aim for Organic, Grass-fed Meat, Organic Free-Range Eggs, and Organic Produce. You pay now for your health, but won't pay later.

