

# Grocery List

## 7-DAY NO SUGAR CHALLENGE

### PRODUCE

- Bananas
- Fresh Mint
- Avocado
- Tomatoes
- Red peppers
- Onions
- Garlic
- Cucumbers
- Green onions
- Spinach / Kale
- Parsley
- Cilantro
- Dill
- Lemons
- Lime leaves or lemongrass
- Cabbage
- Cauliflower
- Carrots
- Oranges
- Kiwi
- Arugula
- Zucchini
- Lettuce
- Ginger
- Asparagus

### FROZEN (OPTIONAL)

- Mango

### MEAT, EGGS, DAIRY

- Chicken breast
- Boneless, skinless chicken thighs
- Eggs
- Plain Yogurt
- Salmon
- Shrimp, peeled and deveined
- Cream cheese (optional)
- Parmesan cheese (optional)

### NUTS & SEEDS

- Walnuts
- Sesame seeds
- Flaxseed
- Chia Seeds
- Sunflower Seeds
- Almond Butter
- Tahini

### PANTRY

- Olive oil
- Coconut oil
- Sesame oil (optional)
- Oats
- Quinoa
- Chickpeas, canned
- Vinegar
- Olives
- Tomato paste
- Coconut flour
- Capers
- Mustard
- Baking soda
- Baking powder
- Salt
- Coconut milk (with cream)
- Canned tuna
- Roasted red peppers
- Tamari sauce
- Red curry paste

### SPICES & DRY HERBS

- Cinnamon
- Vanilla
- Black pepper
- Mint, dried
- Crushed red pepper
- Cumin
- Basil
- Coriander