

Weekly Shopping List

Proteins

Chicken Breast - **300 g**
Salmon Fillet - **150 g**
Firm Tofu - **150 g**
Sliced Turkey Breast - **100 g**
Large Eggs - **8**
Eggs - **2**

Vegetables & Greens

Mixed Salad Greens - **50 g**
Cherry Tomatoes - **80 g**
Cucumber Slices - **30 g**
Asparagus - **340 g**
Bell Peppers - **200 g**
Carrots - **80 g**
Snap Peas - **50 g**
Spinach - **80 g**
Zucchini - **200 g**
Red Bell Peppers - **100 g**
Eggplant - **100 g**
Green Beans - **210 g**
Cucumber - **50 g**

Grains & Legumes

Cooked Quinoa - **350 g**
White Rice - **150 g**
Rolled Oats - **40 g**
Whole Grain Roll - **100 g**
Whole Wheat Large Tortilla - **2**
Whole Wheat Wraps - **1**
Dry Quinoa - **60 g**

Fruits

Apple - **1**

Blueberries - **50 g**

Mixed Fruits (pineapple, grapes, kiwi) - **150 g**

Mixed Fruits (berries, melon, apple) - **150 g**

Mixed Fresh Fruits (berries, melon, apple) - **150 g**

Seasonal Fruits (berries, grapes, melon) - **150 g**

Lemon juice (from half lemon) - **50 ml**

Avocado - **1**

Orange segments - **not specified**

Dairy & Eggs

Large Eggs - **8**

Pantry & Condiments

Olive Oil - **60 ml**

Balsamic Vinegar - **10 ml**

Soy Sauce - **15 ml**

Hummus - **15 g**

Salt and Pepper - **to taste**

Spices: Paprika and others - **to taste**