<BLOGILATES</pre>

Healthy Quarantine GROCERY LIST

FRESH PRODUCE	CANNED/DRIED	🍣 EXTRA
sweet potatoes	black beans	extra virgin olive oil
baby carrots	garbanzo beans	coconut aminos
celery	tomato sauce	salsa
tomatoes	almond butter	sriracha
bell peppers	cashew butter	tabasco sauce
cabbage	vegetable broth	salt
kale	plantain chips	pepper
spaghetti squash	coconut chips	cinnamon (spice)
onions	dried seaweed	cumin (spice)
apples	quinoa	cayenne (spice)
oranges	lentils	rosemary (spice)
lemons/limes	almonds	monkfruit sweetener
garlic	cashews	baking powder
	pistachios	
PROTEIN	almond flour	TOTHER
chicken breast		
ground turkey	FROZEN	<u> </u>
salmon	cauliflower rice	
shrimp	strawberries	
tofu	blueberries	
tempeh	mango	
	broccoli	
DAIRY/EGGS	green beans	
almond or oat milk	butternut squash	
eggs	corn	
egg whites	edamame	
coconut yogurt	dairy free ice cream	