

CRUNCHY ON THE WEEKEND

GROCERY LIST

FUEL YOURSELF

WWW.CRUNCHYONTHEWEEKEND.COM

PRODUCE

Bananas
Berries
Apples
Lemons

Spinach

Kale

Mixed Greens

Cucumbers

Tomatoes

Sweet potatoes

Red onions

Avocados

Green beans

PROTEIN

Eggs*
Chicken*
Fish*
Beef*
Uncured bacon
Sausage*

*Aim to get Free
Range, Organic, Wild
Caught, Antibiotic
Free, Grass Fed, and
Natural items

REFRIGERATED

Greek Yogurt
Hummus
Milk Alternative*

DRY GOODS

Whole wheat pasta
Coconut flour
Brown rice
Walnuts
Tortilla chips
Salsa
Coconut oil
Avocado oil
Nut butter

MISCELLANEOUS

*Milk alternatives can
be things like Almond
Milk, Coconut Milk,
Rice Milk, Cashew Milk,
etc.