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Prep Tip: Marinate Saturday's chicken Friday night for maximum flavor. Saturday's leftovers make an easy Monday dinner!

GROCERY LIST

July Seasonal Menu · 2 Adults · Estimated ~\$150 · Pantry staples (salt, pepper, olive oil) not included

★	PRODUCE	★
☐	Fresh blueberries	2 pints
☐	Fresh raspberries	1 pint
☐	Fresh peaches	5 medium
☐	Heirloom tomatoes	4 medium
☐	Cherry tomatoes	1 pint
☐	Zucchini	4 medium
☐	Fresh corn	6 ears
☐	Bell peppers (mixed)	3 medium
☐	Eggplant	1 medium
☐	Cucumbers	3 large
☐	Avocados	3 ripe
☐	Arugula	5 oz bag
☐	Mixed greens	5 oz bag
☐	Celery	3-4 stalks
☐	Fresh basil	1 large bunch
☐	Fresh dill	1 small bunch
☐	Fresh cilantro	1 small bunch
☐	Bananas	2 medium
☐	Lemons	3
☐	Garlic	1 head
☐	Coleslaw mix	14 oz bag

★	MEAT & SEAFOOD	★
☐	Rotisserie chicken	1 whole
☐	Boneless chicken breast	2 breasts
☐	Bone-in chicken thighs	2 lbs
☐	Salmon fillets	4 × 6 oz

★	DAIRY & EGGS	★
☐	Eggs	18-count
☐	Cottage cheese	16 oz
☐	Plain Greek yogurt	16 oz
☐	Shredded mozzarella	8 oz bag
☐	Feta crumbles	4 oz
☐	Butter	1 stick
☐	Coconut milk (full fat)	2 cans (13 oz)

★	BAKERY & BREAD	★
☐	Whole grain bread	1 loaf
☐	Sourdough bread	1 loaf
☐	Whole wheat wraps	1 pkg (8 ct)
☐	Flatbread or pizza dough	1 pkg

★	PANTRY & DRY GOODS	★
☐	Vanilla protein powder	1 tub
☐	Granola	1 small bag
☐	Rice cakes (plain)	1 bag (8 ct)
☐	Quinoa	1 bag
☐	Chickpeas (canned)	1 can (15 oz)
☐	Black beans (canned)	1 can (15 oz)
☐	Kalamata olives	1 can (15 oz)
☐	Marinara sauce	1 jar
☐	Smoky BBQ sauce	1 bottle
☐	Honey	1 bottle
☐	Dijon mustard	1 bottle
☐	Mayonnaise	1 small jar
☐	Sunflower seeds	1 bag
☐	Candied walnuts	1 small bag
☐	Everything bagel seasoning	1 jar
☐	Chili flakes	1 jar
☐	Frozen mango chunks	16 oz bag
☐	Frozen peach slices	16 oz bag

★ This is a sample grocery list. Adjust quantities based on your household size and any meal swaps you make.

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