



## Yoli Grocery List

- String Cheese
- Salmon/Turkey/veggie Burger
- Turkey breast slices
- Avocado
- Salad (spinach)
- All Natural PB
- Bananas (for shakes, optional)
- Chicken Breasts
- Ground Turkey
- Hard boiled eggs
- Cottage cheese
- Tuna
- Turkey Bacon
- Almonds
- Celery (almonds on a log)!
- Asparagus
- Brown Rice
- Spaghetti Squash
- Large leaf lettuce (salad wrap)
- Protein Bars
- Humus
- Greek Yogurt (no fruit added)
- Almond Milk\*\*
- Beef/Turkey Jerky