

LIVELEAN20
DIET



GROCERY LIST



Budget Friendly Ingredients That Are Easy To Find & Buy In Bulk

PROTEIN

- Chicken Breast
- Canned Tuna
- Ground Beef
- Ground Turkey
- Whey Protein

VEGGIES

- Spinach
- Broccoli
- Cauliflower
- Brussels Sprouts
- Onions

SPICES

- Garlic Powder
- Pink Salt
- Pepper
- Dried Herb Mix
- Cinnamon

FATS

- Eggs
- Almonds
- Olive Oil
- Coconut Oil
- Avocado

STARCHES & FRUITS

- Sweet Potatoes
- Blueberries
- Bananas
- Apples
- Lemons

Stock up on these 20 ingredients each week and you'll be able to make every recipe in this book!

CONDIMENTS

- Mustard
- Salsa
- Balsamic Vinegar
- Hot Sauce
- Marinara Sauce

These are the only 10 Spices & Condiments you'll need to flavor all of your meals and make everything taste amazing.