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## Grocery List

*Here are some of my favorite grocery items and where I've found them*

### Meat, Poultry, Fish, Eggs:

Alaskan Sockeye Smoked Salmon (Trader Joe's, Whole Foods)  
AmyLu Organic Sugarhouse Maple Chicken Sausage (Costco)  
Applegate Organics Turkey Breast (Publix, Whole Foods)  
Bilinski's Organic Chicken Sausage (Whole Foods)  
Brat Hans Organic Bratwurst Chicken Sausage (Whole Foods)  
Organic Chicken Breast (Costco, Publix, Sam's Club, Whole Foods)  
Organic Ground Beef (Costco, Sam's Club, Whole Foods)  
Organic Ground Turkey (Costco, Sam's Club, Whole Foods)  
Organic Hard Boiled Eggs (Costco, Whole Foods)  
Peppercorn-Garlic Boneless Pork Tenderloin  
Rotisserie Chicken (most stores)

### Fresh Produce (buy organic when possible):

Baby Spinach & Baby Kale Mix (Walmart)  
Broccoli Florets (Publix, Trader Joe's)  
Butternut Squash Spirals (Publix)  
Cauliflower Florets (Publix, Trader Joe's)  
Green Beans (Costco, Publix, Target)  
Zucchini Spirals (Publix)



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### Dry Goods:

Cello Whisps Parmesan Cheese Crisps (Amazon, Costco)  
Explore Cuisine Organic Edamame & Mung Bean Fettuccine (Whole Foods, Amazon)  
Oven Baked Cheese Bites (Trader Joes)  
Seapoint Farms Dry Roasted Edamame (Hannaford, Whole Foods)  
Skinny Dipped Dark Chocolate Cocoa Almonds 60 Calorie Packs (Amazon, Target)  
Vermont Smoke & Cure Mini Uncured Pepperoni Turkey Sticks (Target)

### Frozen:

365 Everyday Value Organic Root Vegetables (Whole Foods)  
Alaskan Sockeye Salmon Filets (Target, Whole Foods)  
Applegate Organic Turkey Burgers (Publix, Whole Foods)  
Bilinski's Organic Chicken Meatballs (Whole Foods)  
Birds Eye Original Zucchini Lentil Pasta (Publix, Walmart)  
Green Giant Riced Veggies (Publix, Walmart)  
Green Giant Veggie Spirals (Publix, Walmart)  
High Liner White Wine Icelandic Haddock (Costco)  
Mahi Mahi Burgers (Whole Foods)  
Mashed Cauliflower (Trader Joe's)  
Organic Riced Cauliflower (Trader Joe's)  
Realgood Pizza Co. Frozen Enchiladas (Publix, CVS)  
Realgood Pizza Co. Frozen Pizza (Publix, CVS)  
Salmon Burgers (Whole Foods)  
Sustainably Farmed Shrimp (Publix)  
Zucchini Spirals (Publix, Trader Joe's)



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### Protein Shakes, Powders, Bars:

Evolve Real Plant-Powered Protein Powder (Publix, Target)

Evolve Real Plant-Powered Protein Shake (Publix, Target)

NuGo Slim Bars (Whole Foods, Amazon)

Pure Protein Whey Protein Powder (Amazon, Publix, Walmart)

Tera's Whey Organic Whey Protein Powder (Amazon)

ThinkThin Lean Protein & Fiber Bar (Target, Whole Foods, Amazon)

Vital Proteins Collagen Peptides (Amazon)

### Sauces, Condiments, Miscellaneous:

Kirkland Signature Basil Pesto (Costco)

Rao's Homemade Marinara Sauce (Publix)

Wholly Guacamole Organic Guac (Costco, Target)

### Beverages:

La Croix Sparkling Water (Hannaford, Publix, Target)

Spindrift Sparkling Water (Costco, Hannaford, Target, Trader Joe's)