

# My Grocery List for SUCCESS

## 21 Day Challenge

### Stay on the outside aisles

Item	Have it	Quantity	Store/Notes
Broccoli	<input type="checkbox"/>		
Lettuce	<input type="checkbox"/>		
Cabbage	<input type="checkbox"/>		
Cauliflower	<input type="checkbox"/>		
Green Beans	<input type="checkbox"/>		
Asparagus	<input type="checkbox"/>		
Mushrooms	<input type="checkbox"/>		
Brussel Sprouts	<input type="checkbox"/>		
Cucumber	<input type="checkbox"/>		
Spinach	<input type="checkbox"/>		
Onions	<input type="checkbox"/>		
Peppers	<input type="checkbox"/>		
Carrots - raw	<input type="checkbox"/>		
Tomatoes	<input type="checkbox"/>		
Zucchini	<input type="checkbox"/>		
Avacado	<input type="checkbox"/>		
Olive Oil	<input type="checkbox"/>		
Tamari Soy	<input type="checkbox"/>		
	<input type="checkbox"/>		
Eggs	<input type="checkbox"/>		
Whey protein	<input type="checkbox"/>		
	<input type="checkbox"/>		
Water	<input type="checkbox"/>		
Teas	<input type="checkbox"/>		
Coffee	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

### Don't shop hungry or with kids

Protein	Have it	Quantity	Store/Notes
Lean Beef:	<input type="checkbox"/>		
Steaks	<input type="checkbox"/>		
Hamburger	<input type="checkbox"/>		
Other:	<input type="checkbox"/>		
	<input type="checkbox"/>		
Chicken:	<input type="checkbox"/>		
Breasts	<input type="checkbox"/>		
Rotisserie	<input type="checkbox"/>		
Other:	<input type="checkbox"/>		
	<input type="checkbox"/>		
Eggs	<input type="checkbox"/>		
Fish:	<input type="checkbox"/>		
Salmon	<input type="checkbox"/>		
Tuna	<input type="checkbox"/>		
Mahi Mahi	<input type="checkbox"/>		
Snapper	<input type="checkbox"/>		
Catfish	<input type="checkbox"/>		
Tilapia	<input type="checkbox"/>		
Other:	<input type="checkbox"/>		
	<input type="checkbox"/>		
Turkey	<input type="checkbox"/>		
Pork:	<input type="checkbox"/>		
Ternderloin	<input type="checkbox"/>		
Chops	<input type="checkbox"/>		
Butt	<input type="checkbox"/>		
Other:	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		

*Remember: Stay away from dairy - except Whey protein, roasted salted nuts, grains (wheat, cereals, oats, rice, etc.), fruit, legumes, starchy veggies (sweet potatoes, potatoes, yams, parsnips, pumpkin, Soy products - except Tamari Soy*