



SHW VIRTUAL TRAINING CLUB
GROCERY SHOPPING LIST

1 8-oz Tuna Steak	3 Limes
Eggs	Cilantro
Green Onions	Whole Roasted Chicken (can do grilled boneless skinless instead)
1 lemon	Whole wheat tortillas (small)
Celery	1-1 ½ pounds lean ground chicken or skinless boneless chicken
Raisins	Whole wheat tortillas (small)
Dijon Mustard	Salsa
Pineapple	2 Avocado
Whole Wheat Pita Pockets	0% Fat Greek yogurt
Carrots	Long Grain brown rice
Lettuce	Garlic powder
Tomato	Onion powder
Mushrooms	3 oz of chicken, tofu, shrimp, OR lean pork
Onion	Hot sauce
2 each- Orange, Yellow, Red Peppers	Egg Substitute
2 Garlic Cloves	
Cumin	
Chili Powder	