

Grocery List For 2 People For A Week

Fruits and Vegetables

- Broccoli /2 lbs/
- Carrots /2 lbs/
- Cauliflower /2 lbs/
- Sweet potatoes /4 pounds/
- Garlic /1 whole/
- Cucumber /1 long or 2 short/
- Tomatoes /1 lbs/
- Bell peppers /1 lbs/
- Parsley or cilantro /bunch/
- Onions (red, leeks) /1 lbs/
- Berries (fresh or frozen) /1 lbs/
- Zucchini /2 lbs/
- Spinach or Kale /1 lbs/
- Bananas /2 lbs/
- Pears/Apples /2 pounds/
- Lemons /3 medium/
- Radish /bunch/

Proteins

- Egg whites /16 oz/
- Chicken breasts /2 lbs/
- Turkey mince /2 lbs/
- Salmon /2 lbs/
- Canned tuna /2 Tins/
- Chickpeas/Garbanzo beans
/1 lbs dried or 4 x 15 oz Tins/
- Lean Beef
- Bacon

Grains

- Brown rice /2 lbs/
- Lentils /2 lbs/
- Oats /2 lbs/
- Rice noodles /1 lbs/
- Popcorn Kernels /16 oz/
- Rice Cakes /5 oz/

Dairy

- Greek yogurt /32 oz/
- Cheese /16 oz/