

Vacation Body Challenge Recipes

Week 1 Grocery list

Meat

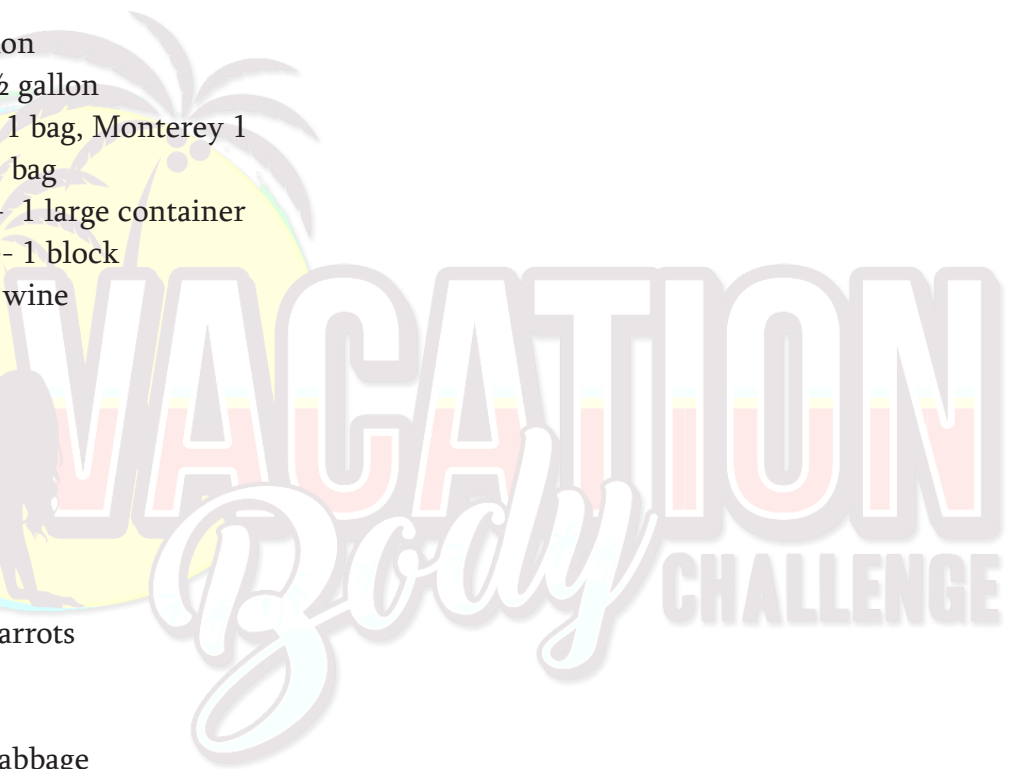
- Haddock- 32oz
- Steak Tips- 12 oz
- Chicken Breast- 12 breast
- Ground Beef 1 lb
- Shaved Steak- 12oz

Dairy/Miscellaneous

- Eggs- 2 dozen
- Skim Milk- 1 gallon
- Almond Milk – ½ gallon
- Cheddar Cheese- 1 bag, Monterey 1 bag, Mozzarella 1 bag
- Icelandic Yogurt- 1 large container
- Parmesan Cheese- 1 block
- Marsala Cooking wine
- Harissa Paste
- Sliced almonds
- Cashews

Produce

- 4 Bell Peppers
- 4 sweet potatoes
- 1 bag shredded Carrots
- 2 Cucumber
- 1 Mango
- 1 bag shredded Cabbage
- 1 bunch Cilantro
- 2 container Mushroom
- 4 Green Pepper
- 1 pint strawberries
- Raspberries 1 pint
- Blueberries- 1 pint
- 2 bags Kale
- 12 Cups fresh Spinach
- 2 white Onion
- 4 Avocado



Vacation Body Challenge Recipes

Week 2 Grocery list

Meat

- ¼ lb Ham (deli ham)
- ¼ lb Pancetta (deli)
- 1 package (6-8 breasts) Skinless boneless chicken
- 16oz Shrimp
- 4 filets Salmon
- 4 filets Lamb

Dairy/Miscellaneous

- 1 dozen Eggs
- 1 bag Cheddar
- ½ gallon Milk
- ½ gallon Almond Milk
- 1 large Icelandic yogurt
- Half and Half
- 1 block parmesan cheese
- 1 bag Pistachios
- 2 stalks lemongrass
- Small Jar Tamarind Paste
- 16 oz Can Tomatoes

Produce

- 2 Avocado
- 2 beets
- Fresh mint
- 1 package Cherry tomato
- 2 Onion
- 2 cups Brussel sprouts
- 2 Sweet potato
- 8oz Mushroom
- 2 Onion
- 4 cups Bok Choy
- 1 small bag kale
- 1 cup Okra
- 1 head Cauliflower
- 1 Green Apple
- 1 bag shredded Cabbage
- 2 bulbs Fennel

Vacation Body Challenge Recipes

Week 3 Grocery list

Meat

- 1/4 lb Turkey sausage
- 16oz lamb cubes
- 1lb Pork (cubed, off bone)
- 1lb Ham Steak
- 1lb Haddock (4 filets)
- 2.5lb lb Sirloin Steak

Dairy/Miscellaneous

- 1 can Black eyed peas
- 2 dozen Eggs
- 1 jar Salsa
- 1 container Sour cream
- ½ Gallon Milk (or Soy milk)
- 1pint heavy whipping cream
- Peanuts
- Almonds
- Pecans
- Unsweetened Chocolate (8oz)
- 1 container (4oz) Feta
- 1 Large Container Greek yogurt
- 1 block Parmesan cheese
- Coconut milk ½ gallon or large 16oz can
- Low Carb Wraps

Produce

- 2 Avocado
- 2 beets
- Fresh mint
- 1 package Cherry tomato
- 2 Onion
- 2 cups Brussel sprouts
- 2 Sweet potato
- 8oz Mushroom
- 2 Onion
- 4 cups Bok Choy
- 1 small bag kale
- 1 cup Okra
- 1 head Cauliflower
- 1 Green Apple
- 1 bag shredded Cabbage
- 2 bulbs Fennel
- 1 Carrot
- 1 Cucumber

Vacation Body Challenge Recipes

Week 4 Grocery list

Meat

- 1lb Bacon
- 5oz pancetta
- 2lb Ground turkey
- 2 package Chicken breast (8 breasts)
- 4 Salmon filet (24oz)

Dairy/Miscellaneous

- 2 dozen Eggs
- ½ gallon Milk
- 1 pint heavy cream
- 1 package Cheddar
- 2 Large container Icelandic yogurt
- Small Container (4oz) Feta
- Small package (3-4oz) Goat cheese
- 32oz can tomatoes
- Sugar free orange marmalade

Produce

- 1 bag fresh Spinach
- 1lb bag frozen spinach
- 1 Onion
- 1 bag shredded Purple cabbage
- 1 small jar Sun dried tomatoes
- 2 large Collard green leaves
- 2 crowns broccoli
- 1 pint Strawberry
- 1 pint Blueberries
- 2 Sweet potato
- 1 package fresh Basil
- 1 package fresh mint
- 1 package fresh Dill

Vacation Body Challenge Recipes

Week 5 Grocery list

Meat

- Chicken breast (8 breasts)
- 28 oz Steak tips
- 1.25lb Shrimp

Dairy/Miscellaneous

- ½ Gallon Milk
- 2 bags (8count) String cheese
- 1 dozen Eggs
- 1 loaf Ezekiel bread
- 1 Quart Cottage cheese
- Large Container Icelandic yogurt
- 1 block Parmesan
- 1 pint Cream
- 1 15oz can Tomato Sauce

Produce

- 1.5lb Cauliflower
- 4 medium apples
- 1lb brussel sprouts
- 1 Onion
- 1 bag Kale
- 2 cups fresh parsley
- 2+ cups fresh cilantro



Vacation Body Challenge Recipes

Week 6 Grocery list

Meat

- 1lb Smoked salmon
- Lamb; 8 ¼ lb filets
- Chicken breast- 8 pack
- Mahi mahi- 40oz Mahi Mahi. (can substitute for alternative white fish if not in season)
- 18 oz Shrimp
- 1 package bacon

Dairy/Miscellaneous

- 2 dozen Eggs
- 1 package Cheddar
- 8oz package Cream cheese
- 1 small container Pumpkin seeds
- 1 small container Sunflower seeds
- 1lb bag almonds
- 1 8oz bag deshelled salted pistachios
- Icelandic yogurt
- Ezekiel bread
- 1 bag Pistachios
- Small bag dark chocolate chips

Produce

- 1 package sliced mushroom
- 1 cucumber
- 1 package Dried apricots
- Spinach
- 4oz Dates
- Peas (10oz frozen)
- 1 Zucchini
- 1 Yellow squash
- 1 bunch fresh asparagus
- 1 package fresh Mint
- 1 package fresh tarragon
- 2 Lemongrass stalk fresh
- 1 Cucumber
- 1 bag chopped romaine
- 1 leek
- Pomegranate seeds