

GROCERY LIST

These are the staple items that I have on hand after a weeks worth of grocery shopping. Basically consider this your weekly healthy foods list that you can pull ingredients from to create delicious & guilt free meals. Don't forget to check out the recipe page for Blissfully Lively tried and true breakfast, lunch, dinner & the occasional sweet treat recipes.

PANTRY STAPLES

- Canned Black Beans
- Canned Chickpeas
- Chicken/ Beef stock
- Almonds
- Oats
- Trail Mix
- Peanut Butter/ Almond Butter
- Agave
- Pasta
- Blue Corn Tortilla Chips
- Deli Flats
- English Muffins
- Whole Grain Bread
- Dried Craibberries
- Granola
- Oats
- Tomato Paste/ Sauce

REFRIDGERATOR STAPLES

- Milk
- Soda Water
- Orange Juice
- Fresh Squeezed Lemonade
- Provolone Cheese/ Cheddar
- Oven Roasted Turkey
- Black Forest Ham
- Salsa
- Hummus

FREEZER STAPLES

- Frozen Fruit
- Frozen Veggies
- Dark Chocolate / Sweet Treat

BAKING & SPICES

- Thyme
- Oregano
- Basil
- Cumin
- Cayenne
- Garlic Salt
- Onion Powder
- Vanilla
- Cinnamon
- Nutmeg

CONDIMENTS

- Olive Oil
- Dijon Mustard
- Balsamic Vinegar
- Plain Greek Yogurt
- Black Pepper
- Lemon Juice
- Hot Sauce
- Liquid Aminos
- Italian Dressing

PROTEIN

- Eggs
- Tuna Fish (canned)
- Salmon
- Cod/ Haddock
- Chicken
- Ground Turkey
- Ground Beef
- Pork Chops

FRUITS

- Bananas
- Apples
- Oranges
- Grapes
- Grapefruit
- Lemon
- Lime

VEGGIES

- Lettuce
- Cucumbers
- Carrots
- Red pepper
- Red Onion
- Yellow Onion
- Garlic
- Avocado
- Brussels Sprouts
- Broccoli
- Tomato
- Spinach
- Green Beans
- Baby Red Potatoes
- Corn
- Kale