



## **1-Week Fit Meal Planner Shopping List**

- **1 lb brown rice or quinoa or buy a bit of both!**
- **8 oz container of old-fashioned oats**
- **3 lbs of lean ground turkey (try for 85-90% lean)**
- **1 flank steak (1 lb can be divided into 2 servings; 2 lbs makes 4 servings)**
- **1 dozen eggs**
- **1 avocado**
- **1 large package fresh spinach salad mix**
- **Fresh veggies including:**
- **2 bell peppers**
- **1 head of broccoli (or 1 package pre-chopped, fresh broccoli)**
- **1 bunch asparagus**
- **1 pack pre-cut and washed mushrooms (or 1 lb fresh mushrooms-but then you have to cut them yourself)**
- **1 pack celery**
- **1 package fresh pre-cut stir-fry veggies (or build your own by buying onion, Chinese cabbage, shredded carrots, broccoli, snow peas, and water chestnuts)**