

# Healthy Eating Grocery List - Week 1

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- Bananas
- Apples
- Green Beans
- 1 bag Frozen Mixed Berries
- 2 doz Eggs
- 2 bottles Kefir
- Whole Wheat Bread
- Long Grain brown rice
- Cliff Bars
- 1 packet Honey Roasted Turkey - Deli Thin
- 6 - 3 oz chicken breasts skinless roasted