



# SUMMER TRAVELS SHOPPING LIST

Heading to the lake and want to stay on track?  
Use this grocery list to eat well WHILE you enjoy your vacation!

## PROTEIN

- Eggs
- Deli Turkey/Chicken
- Lean Beef/Bison Burgers
- Veggie Burgers
- Salmon
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## VEGETABLES

- Spinach
- Baby Carrots
- Snap Peas
- Sweet Potatoes
- White Onion
- Red Onion
- Red Bell Pepper
- Yellow Bell Pepper
- Asparagus
- Mushrooms
- Zucchini
- Cucumber

## CANNED//AISLES

- Quick Oats (Bob's Redmill)
- Quinoa
- Black Beans
- Lentils
- Corn
- Lara Bars
- Whole Grain Crackers
- Canned Tuna
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## FATS

- Avocados
- Coconut Oil
- Olive Oil
- Shredded Cheese
- Hummus
- Slivered almonds
- Walnut pieces
- Pumpkin seeds
- Natural Peanut Butter
- Shredded Coconut
- Flax Seeds / Hemp Hearts

## FRUIT

- Strawberries
- Apples
- Mangoes
- Lemons / Limes
- Watermelon
- Berries
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## DRINKS//OTHER

- Bottled Water
- Kombucha
- Club Soda
- Happy Planet Juices
- Coffee
- Mustard (yellow, dijon, etc.)
- Mexican Hot Sauce
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