

Fitness St Pete I Tierra Verde Fitness

www.mypersonalfitnesscoach.com | 727-742-0816

How To Prepare 15 Healthy Meals In Under 60 Minutes I Shopping List

PRODUCE:

- 1lb total of greens. You can either buy the pre made spiniach/kale and lettuce mixes or buy them individually (pick your favorite – spinach, arugula, kale, etc)
- Extra Kale and Spinach (for green smoothies and kale chips)
- 5 large carrots
- 3 large onions
- bag of garlic
- 1 large celery bunch
- 4 red peppers
- 2 avocados
- 1 5 lb bag of broccoli (you can buy 2 heads of broccoli if you prefer fresh)
- 1 5 lb bag of normandy blend (you can buy cauliflower, broccoli, squash and extra carrots to chop if you prefer fresh)
- Large Bag of frozen mixed fruit (for protein smoothies & to toss in greek yogurt for a snack)

PROTEIN:

- 5 lbs. chicken breast
- 1 – 2 lb. turkey breast (cooked)
- 4 cans tuna (solid white albacore)
- 2 dozen eggs
- Greek Yogurt

CLEAN CARBS:

- Corn Tortillas
- Quinoa
- 5 Sweet Potatoes

MISC:

- Olive Oil
- Sea Salt
- Pepper
- Cumin powder
- Cayenne powder
- Garlic powder
- Rosemary

- Plain Greek Yogurt
- Parmesan cheese
- Pop Corn kernels (to use in an air popper or stove top)

BASIC COOKING SUPPLIES:

- 3 large cooking trays or baking dishes
- 1 large pot
- 1 medium pot
- 2 large bowls
- 4 small bowls
- Knife
- Chopping board
- Plastic containers (if you want to portion meals out to save time during the week)