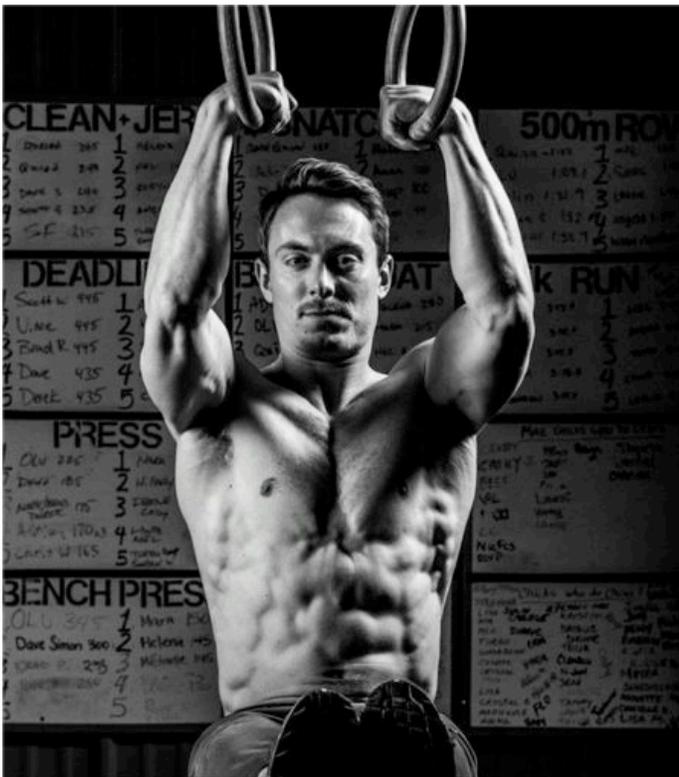




Shopping List

- Eggs
- Rotisserie Chicken
- Shrimp И И И Б Е
- Ground Beef or Pork
- Sausages
- Bacon
- Salmon & Smoked Salmon
- Roast or stewing meat
- Spinach or Mixed Greens
- Brussel Sprouts
- Celery & Carrot Sticks
- Spaghetti Squash
- Asparagus
- Avocados
- Stir Fry Veggies (mushrooms, peppers, onions, broccoli, cauliflower)
- Apples
- Tomatoes
- Fruit (blackberries, blueberries, apples)
- Lettuce Leaves for wraps
- Kale, Chard, or other cooking greens

	Breakfast	AM Snack (only if hungry)	Lunch	PM Snack (only if hungry)	Dinner
Mon	Egg muffins (mini crustless quiches)	Green tea, celery and almond butter	Tuna salad with avocado in lettuce wrap	jerky, handful of berries	Rotisserie chicken with brussel sprouts cooked in butter
Tue	Smoked salmon with macadamia nuts and berries	Green tea, leftover egg muffin	Salad with chicken & veggies topped with olive oil and balsamic vinagre	Leftover rotisery chicken & celery sticks	Steak, mashed cauliflower, asparagus
Wed	3 Egg Omellette add vegetables of choice fried in butter or coconut oil	Green tea, carrot & celery sticks with guacamole	Steak salad with caramelized onions, tomatoes	Leftover egg muffin	Shrimp coconut curry stir fry with veggies



CrossFit

WINNIPEG

Staples List

Almond butter or other nut butter

Coconut Milk

Ghee or Butter

Coconut Oil & Olive oil

Nuts (Almonds, Macadamia, Cashew)

Almond or coconut flour

Herbs & Spices

Balsamic Vinegar

Lemon Juice

Olives

Broth or Bouillon

Tomato Paste & Sauce

Frozen Veggies for stirfries

Canned Fish for lunches

Teas

	Breakfast	AM Snack (only if hungry)	Lunch	PM Snack (only if hungry)	Dinner
Thu	Pork Sausage with 2 cups cooked greens	Green Tea, Smoked salmon & olives	Shrimp salad with veggies	Berries with coconut milk	Pork chops, with apple spinach salad
Fri	Leftover pork with macadamia nuts	Green tea, 2 hard boiled eggs	Lettuce wraps with pork, apple and any other leftovers.	Veggies with guacamole	Paleo Chilli or meat sauce with spaghetti squash and salad
Sat	Paleo Pancakes with berries	Green tea, carrot & celery sticks with almond butter	Leftover chilli with carrot & celery sticks	Leftover paleo pancakes	Crock Pot roast beef with steamed broccoli & cauliflower
Sun	Bacon & eggs with sliced tomato	Green tea, Leftover paleo pancakes	Forage leftovers from the fridge	Forage leftovers from the fridge	Salmon with kale or chard