

MEAL PLAN 3 GROCERY LIST

<input type="checkbox"/>	Plain Greek yogurt	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>	Protein powder
<input type="checkbox"/>	Turkey cold cuts	<input type="checkbox"/>	Whole wheat bread	<input type="checkbox"/>	Rice
<input type="checkbox"/>	Shrimp	<input type="checkbox"/>	Spinach	<input type="checkbox"/>	