

21-DAY EXTREME SHRED CHALLENGE



**GROCERY
LIST**



BY ALAIN GONZALEZ WITH STEPHEN CAMPOLO

MASTER GROCERY LIST

<input type="checkbox"/>	English muffins	<input type="checkbox"/>	Walnuts	<input type="checkbox"/>	Plain Greek yogurt
<input type="checkbox"/>	Turkey bacon	<input type="checkbox"/>	Sirloin steak	<input type="checkbox"/>	Strawberries
<input type="checkbox"/>	Apples	<input type="checkbox"/>	Sweet potatoes	<input type="checkbox"/>	Protein powder
<input type="checkbox"/>	2% Cottage cheese	<input type="checkbox"/>	Asparagus	<input type="checkbox"/>	Turkey cold cuts
<input type="checkbox"/>	Whole wheat bread	<input type="checkbox"/>	Shrimp	<input type="checkbox"/>	Eggs
<input type="checkbox"/>	Rice	<input type="checkbox"/>	Spinach	<input type="checkbox"/>	Bananas
<input type="checkbox"/>	Quick cooking oats	<input type="checkbox"/>	Almonds	<input type="checkbox"/>	90% lean ground beef
<input type="checkbox"/>	White potatoes	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Peanut butter
<input type="checkbox"/>	Chicken breast	<input type="checkbox"/>	Mixed veggies (frozen or fresh)	<input type="checkbox"/>	