

# 5-DAY CHALLENGE TO SPICE UP YOUR BREAKFAST

## THE ULTIMATE GROCERY LIST

### PRODUCE

- 1 avocado
- 1 lemon
- 1 tomato
- mint
- 2 bananas
- 1/2 cup spinach
- 1/2 cup kale

### DAIRY

- 1 bag shredded low-fat cheddar cheese
- 1 quart almond milk

### SWEETS

- 1 dark chocolate bar
- 1 package shredded coconut

### GRAINS

- 1/2 loaf multigrain bread
- 1 package whole-wheat tortillas
- 1 package granola
- 1/2 cup quinoa

### PROTEIN

- 6 eggs

### CANNED

- 1 can black beans
- 1 can coconut cream
- 1 can salsa

### FROZEN

- 2 100-gram packs frozen açai pulp or purée

### PANTRY

- salt
- pepper
- honey
- cocoa powder
- hemp seeds
- coconut oil