

# Shopping List

for my awesome plan to eat healthy this week.

Fruits & Vegetables 🍎 🥑 🥬 🥒

Milk & Alternatives 🥛 🧀 🧀

Grain Products 🍚 🍝 🍞

Other Stuff 💡

Meat & Alternatives 🍖 🍗 🐟 🍤

A goal, without a plan, is just a wish!