

GROCERY LIST

Post-Workout Hydrating Protein Smoothie

- 1 box of baby spinach
- 1 bunch Italian parsley
- 1 bag of frozen mango chunks
- 1 bag of frozen banana slices
- 1 carton of coconut water
- protein powder of your choice

Protein-Packed Overnight Oats

- 1 tub of Greek yogurt
- 1 carton of your choice of milk
- 1 packet of oats
- chia seeds
- ground flax
- cinnamon
- vanilla extract

Suggested toppings: berries, chopped banana, grated apple, honey, maple syrup, chopped nuts or nut butters

Spinach and Feta Mini Frittatas

- 1 red onion
 - 1 box of baby spinach
 - 12 large eggs
 - feta
 - oregano
 - olive oil
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