



CHARGE

Health Activated

Trader Joe's

SHOPPING LIST

Fruits

- Sliced Apples
- Banana's
- Clementine's
- Grapes
- Berries
- Kiwi
- Pomegranate
- Oranges
- Lemon
- Lime
- Frozen Mango
- Frozen Berries
- Frozen Cherries
- Frozen Pineapple

Veggies

- Romaine
- Spinach
- Sweet Potato
- Squash
- Chopped Veggies
- Veggie Kabob's
- Frozen Spinach
- Frozen Edamame
- Frozen Pepper Mix

Proteins

- Balsamic Chicken
- Lemon Chicken
- Grilled Chicken
- Sliced Turkey
- Salmon Burgers
- Cowboy Burgers

Pre-made Salads

- Superfood
- Harvest (bag)
- Caesar (bag)

Breakfast Options

- Rolled Oats
- Raisin Bran
- Farm Fresh Eggs
- Hard-Boiled Eggs
- Coconut Yogurt
- Fage Greek Yogurt
- Almond Milk
- Chia Seeds

Health Dips

- Hummus
- Spinach\Kale
- Guacamole
- Jalapeno\Yogurt

Starch

- Ezekiel Bread
- Brown Rice Tortilla
- Quinoa Pasta
- Quinoa
- Brown Rice Pasta
- Brown Rice
- Black Beans
- Frozen Quinoa
- Frozen Brown Rice

Healthy Fats

- Coconut Oil
- Olive Oil

- Raw Almonds
- Raw Walnuts
- Avocado
- Sliced Cheese

Snacks

- Kale Chips
- Freeze Dried Apples
- Quest
- Kind
- Think Thin
- Lara
- Greens Bar
- Pure Bar
- Quinoa Chips
- Individual Packaged Trail Mix

Other

- Oil\Vinegar Salad Dressing
- Balsamic Dressing
- Olives\Jalapeno's
- Spices
- Coconut Water
- Seltzer Water



610-783-3600



Info@TheChargeGroup.com



TheChargeGroup.com