

# 7-Day Diet Plan for Weight Loss

## GROCERY LIST

### VEGGIES

- 2 Avocados
- Tomatoes (cherry also would work), we need around 200 g
- 2 Cucumbers
- Scallions, bunch
- 2 Zucchini
- 4 Carrots
- Arugula
- Lettuce
- 4 Red Bell Peppers
- Cabbage
- Broccoli
- Cilantro, bunch
- Kale
- Celery
- Ginger

### NUTS & SEEDS

- Chia seeds
- 100 g almonds
- 100 g walnuts
- 100 g cashew
- Sesame seeds
- Oats
- Dry plumes

### FRUITS

- Frozen strawberries
- Blueberries
- Lemons
- Frozen mango
- 11 apples
- 5 Bananas

### OTHERS

- Plant-based milk
- Salmon
- Shrimps
- Olives