



Join us at Engine2Academy.com where you'll find hundreds of recipes, helpful tips and people waiting to support you in your journey to weight loss and perfect health.

Engine 2 Grocery List

Week One

When in doubt, remember – no more than 2.5 grams of fat per 100 calories.

PRODUCE

BULK SECTION/BAKING NEEDS

CEREALS

FROZEN FOODS



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PASTA/LEGUMES

BAKED GOODS

JAR/CANNED GOODS

SPICES

REFRIGERATED SECTION

SAUCES/CONDIMENTS

Visit Engine2.com to buy the book that's changing the way American's eat.