

# Summer Glow Grocery List

Eat your way to radiant skin and all-day summer energy with these nourishing picks:

## Fresh Produce (Glow + Hydration)

- Spinach or kale
- Cucumbers
- Avocados
- Tomatoes
- Carrots
- Bell peppers
- Sweet potatoes
- Blueberries
- Strawberries
- Watermelon
- Oranges or clementines
- Lemons
- Pomegranate seeds

## Healthy Fats (Skin Barrier + Satiety)

- Extra virgin olive oil
- Coconut oil
- Almonds
- Walnuts
- Chia seeds
- Ground flaxseeds

## Protein Power (Energy + Collagen Support)

- Salmon or sardines
- Organic eggs
- Greek yogurt (unsweetened)
- Chicken breast or tofu
- Edamame
- Canned chickpeas or lentils

## Whole Grains + Energy Fuel

- Quinoa
- Rolled oats

- Brown rice
- Whole grain bread or wraps
- Sweet corn

### Herbs + Extras (Detox + Antioxidants)

- Fresh mint or basil
- Ginger
- Turmeric
- Matcha powder
- Green tea bags
- Dark chocolate (70%+ cacao)

### Hydration Helpers

- Coconut water
- Sparkling water (unsweetened)
- Herbal tea (chamomile or hibiscus)
- Cucumber + lemon (for infused water)