



Cabbage Soup Diet Shopping List



Vegetables

- Cabbage
- Onions
- Celery
- Carrots
- Tomatoes
- Green peppers
- Garlic
- Spinach
- Beans
- Broccoli
- Cauliflower
- Brussels sprouts
- Mushrooms
- Bell peppers

Protein Sources

- Lean chicken breast
- Lean turkey breast
- Fish (such as cod, salmon, or tilapia)
- Tofu

Grains (in limited quantities)

- Brown rice
- Quinoa
- Oats

Condiments

- Herbs and spices (such as parsley, basil, oregano, thyme, cumin, paprika)
- Garlic powder
- Onion powder
- Lemon or lime juice
- Vinegar (such as apple cider vinegar or balsamic vinegar)

Fruit

- Apples
- Oranges
- Berries (strawberries, blueberries, etc.)
- Melons (watermelon, cantaloupe)
- Grapefruit
- Pineapple

Beverages

- Water
- Unsweetened herbal tea
- Black coffee
- Vegetable broth



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

