

HEALTHY SHOPPING LIST



PROTEIN

IDEAS

- Chicken
- Lean ground turkey
- Lean beef
- Tuna, tilapia, cod
- Greek yogurt
- 2% cottage cheese
- Eggs
- Beans
- Tofu, seitan, tempeh

VEGETABLES

IDEAS

- Broccoli
- Green beans
- Spinach
- Br sprouts
- Cauliflower
- Asparagus
- Kale
- Carrots
- Mushrooms
- Onions

FRUITS

IDEAS

- Apples
- Oranges
- Bananas
- Berries
- Melon
- Kiwi
- Grapefruit
- Papaya
- Grapes
- Cherries
- Lemons
- Peaches

HEALTHY FATS

IDEAS

- Mac. Nuts
- Almonds
- Pistachios
- Brazil Nuts
- Walnuts
- Pine Nuts
- Pepitas
- Sun. Seeds
- Pecans
- Coc. Oil
- Olive Oil
- Avocados

SAFE STARCHES

IDEAS

- Yams
- Sweet Pot.
- Plantains
- Taro
- Squash

(BEST BEFORE OR AFTER WORKOUTS)

PANTRY/OTHER

IDEAS

- Organic ghee
- Coconut aminos
- Balsamic Vinegar
- Red Boat fish sauce
- Sardines (wild caught)
- Coconut milk
- Tomato Paste
- Canned tomatoes
- Herbs/Spices