

Grocery List



Protein

- chicken breast
- ground turkey
- ground chicken
- Greek yogurt
- cottage cheese
- protein powder
- egg whites
- shrimp
- fish
- whole eggs
- flank steak
- lean ground beef
- salmon (can count as fat too)

Carbs

- steel cut oats
- Ezekiel bread (or equivalent)
- rice
- potatoes
- sweet potatoes
- rice cakes

- beans/lentils
- berries (blueberries, raspberries, strawberries)
- bananas
- pineapple
- apples

Healthy Fats

- nut butter (almond, cashew)
- peanut butter
- avocado
- olive oil
- coconut oil
- nuts (almonds, cashews, macadamia, Brazil)
- seeds (flax, sesame, chia, sunflower)

Veggies

- broccoli
- green beans
- celery
- cucumber
- bell peppers
- spinach
- cauliflower
- mushrooms
- kale
- spring mix lettuce
- carrots
- zucchini

Other

- almond milk
- cashew milk
- condiments (mustard, hot sauce)
- spices
- herbs