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

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