Grocery List-look for whole food options that are nutritionally dense



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)
- ◯ tuna

Carbs

- ◯ steel cut oats

- [ ] Ezekiel bread (or equivalent)
- [ ] rice
- [ ] potatoes
- [ ] sweet potatoes
- [ ] legumes/beans
- [ ] rice cakes
- [ ] berries (blueberries, raspberries, strawberries)
- [ ] bananas
- [ ] pineapple
- [ ] apples
- [ ] pears
- [ ] grapes

Healthy Fats

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

Veggies

- [ ] broccoli
- [ ] green beans
- [ ] celery
- [ ] cucumber
- [ ] bell peppers
- [ ] spinach
- [ ] cauliflower
- [ ] mushrooms

- [ ] kale
- [ ] spring mix lettuce
- [ ] carrots
- [ ] zucchini
- [ ] tomato
- [ ] Brussel sprouts

Other

- [ ] almond milk
- [ ] cashew milk
- [ ] condiments (mustard, hot sauce)
- [ ] spices
- [ ] herbs
- [ ] supplements (multivitamin, Vitamin D, Omega-3, Magnesium, etc)
- [ ] BCAA's, hydrator, etc

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