

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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