

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

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- 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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