



GROCERY LIST



PROTEIN

- Fish (salmon, tuna, halibut, etc)
- Shellfish (shrimp, scallops, etc)
- Chicken Breast
- Turkey Breast
- Ground Turkey
- Beef Tenderloin
- Ground Beef (90%)
- Pork Tenderloin
- Eggs
- Turkey Bacon/Sausage
- Turkey Jerky
- Beef Jerky
- Plain Greek Yogurt (2% Milk Fat)
- Kefir
- Cottage Cheese
- Cheese Sticks
- Milk (2% or Whole)
- Almond Milk (Unsweetened)
- Beans (Black, Kidney, Pinto)
- Chickpeas
- Lentils
- Seitan
- Tofu
- Tempeh

GRAINS/STARCHES

- Cereal (Shredded Wheat, Kashi)
- Steel-Cut Oats
- Whole Wheat/Grain Bread
- Whole Wheat/Grain Bagel
- Whole Wheat Tortilla
- Whole Wheat Pasta
- Whole Wheat Crackers (Triscuits)
- Brown Rice
- Wild Rice
- Quinoa
- Farro
- Popcorn (Air Popped)
- Energy Bars
- Granola bars
- Pretzels

CONDIMENTS

- BBQ Sauce (Low-Sodium)
- Honey
- Hot Sauce/Sriracha
- Jam/Jelly/Preserves
- Ketchup
- Mustard
- Relish
- Mayonnaise
- Balsamic Vinaigrette



GROCERY LIST



HEALTHY FAT

- Olive Oil (Extra Virgin)
- Coconut Oil
- Almond Butter
- Peanut Butter
- Sun Butter
- Avocado
- Almonds
- Walnuts
- Pecans
- Pistachios
- Chia Seeds
- Flax Seeds
- Hemp Hearts
- Hummus
- Pumpkin Seeds
- Sunflower Seeds
- Guacamole

SPICES

- Black Pepper
- Garlic
- Ginger
- Cinnamon
- Paprika
- Oregano
- Red Pepper Flakes
- Chili Powder

VEGETABLES

- Asparagus
- Broccoli
- Beets
- Brussels Sprouts
- Bell Peppers
- Cucumbers
- Carrots
- Cauliflower
- Spinach
- Kale
- Arugula
- Swiss Chard
- Butternut Squash
- Green Beans
- Tomato
- Zucchini
- Onions
- Cauliflower Rice
- Edamame Pasta
- Spaghetti Squash

FRUIT

- Apples
- Blueberries
- Grapefruit
- Pineapple
- Mango
- Pomegranate
- Strawberries
- Blackberries
- Raspberries
- Oranges
- Bananas
- Cherries
- Kiwi
- Pears
- Honeydew
- Watermelon
- Peaches
- Grapes

DRINKS

- Bottled Water
- Coffee
- Green Tea
- Sports Drink
- Coconut Water
- Almond Milk



GROCERY LIST



BAR BRANDS

- GoMacro
- ProBar
- Perfect Bar
- Huel
- Clif
- KIND
- Oatmega
- Kashi
- RX
- 88 Acres
- EPIC
- Health Warrior
- Evolve
- Vega
- Enjoy Life
- Luna
- Lara Bar
- Purely Elizabeth
- Kodiak
- Bobo's
- Picky Bars

BACKPACK SNACKS

- Trail mix
- Mixed nuts
- Dry cereal
- Granola
- Nut butter energy balls
- Tuna pouches
- Dry roasted beans
 - Bada Bean
 - The Good Bean
 - Biena
 - Brami
 - Saffron Road
- Peanut butter crackers
- Applesauce pouch
- Whole grain crackers w/ hummus
- Overnight oat cup
- Nut butter and jelly sandwich
- Whole wheat tortilla roll up
- Peanut butter pretzels
- Seed based crackers and dip