



GROCERY CHECKLIST



PROTEIN

Eggs
Egg whites
Plain greek yogurt
Chicken (breasts/ground)
Lean ground turkey
Chicken sausages
White fish (cod, haddock, tilapia)
Salmon
Tuna

CARBS

Oatmeal
Sweet potato
Brown rice
Pumpkin
Quinoa
Ezekiel bread

FATS

Avocado
Coconut oil
Nuts
Nut butters OR PB2
Chia seeds
Hummus

FRUITS & VEGGIES

Spinach
Kale
Broccoli
Asparagus
Brussels Sprouts
Green beans
Bell peppers
Tomato
Onion
Carrot
Cucumber
Celery

Berries
Green apple
Red grapefruit
Watermelon
Banana

OTHER

Nut milk OR Skim milk
Dairy free cheese OR
Feta/Swiss/Cheddar Cheese
Mrs.Dash seasoning (salt free)
Salsa, hot sauce
Mustard
Nuts Over Fish
Honey, Maple Syrup, or Stevia

*Protein Powder/ Bars -- check the labels. Look for low sugar/ low carb