

Grocery Store Checklist

Protein:

- Lean red meat
- Wild game meat
- Fish (salmon)
- Chicken or turkey breast/ground
- Eggs
- Plain greek yogurt, cottage cheese
- Beans, lentils, chickpeas

Healthy Fats:

- Raw, unsalted nuts (brazil, walnuts, pecans, cashews, almonds, pistachios)
- Raw unsalted seeds (pepitas, sunflower, chia, ground flax)
- Hemp hearts
- Avocados
- Virgin olive, avocado, coconut & grapeseed oils
- Hummus
- Nut butter

Vegetable Carbohydrates:

- Spinach, kale, swiss chard, leeks
- Tomatoes
- Cruciferous vegetables (broccoli, cauliflower & brussel sprouts)
- Peppers
- Mushrooms
- Root vegetables (beets, potatoes, carrots, yams/sweet potatoes)

Fruit Carbohydrates:

- Mixed berries (strawberries, blueberries, raspberries, etc.)
- Oranges
- Apples
- Bananas
- Grapes

Other Carbohydrates:

- Mixed beans & lentils
- Pseudograins (amaranth, buckwheat, quinoa)
- Couscous
- Brown & wild rice
- Steel cut & large flake oats

Fibers:

- Lentils and beans
- Vegetables and fruits
- Legumes
- Pseudograins

Fluids:

- Water
- Tea (camomile, green, lemon, matcha)

Flavor Add-Ins:

- Onion
- Fresh Herbs (parsley, rosemary, dill, basil, thyme...)
- Garlic