

GROCERY STORE CHECKLIST



PROTEINS

You must have one serving of protein at every meal. Try to buy organic food when possible, especially red meats.

- Chicken Breast
- Beef - grass fed is best
- Turkey Breasts
- Ham
- Pork
- Lamb
- Crab
- Lobster
- Shrimp
- Cod
- Flounder
- Halibut,
- Herring
- Salmon
- Tuna
- Milk
- Eggs
- High Quality Whey Protein
- Natural Yogurt

FATS

You must have at least one serving of fat at every meal. Be sure to incorporate good quality, non-processed fats into your diet.

- Olive Oil/Olives
- Raw Almonds
- Almond Butter
- Natural Peanut Butter
- Coconut Oil
- Coconut
- Avocado
- Macadamia Nuts
- Raw Cashews
- Pecans
- Sunflower Seeds
- Pumpkin Seeds
- Flax Oil/Flax Seeds
- Butter (Not Margarine!)
- Raw Walnuts
- Whole Eggs

GROCERY STORE CHECKLIST



VEGETABLES

You must have one serving of vegetables at every meal. *Limit all starchy and sugary vegetables (potatoes, peas, carrots, etc).

- Eggplant
- Squash
- Broccoli
- Spinach
- Asparagus
- Collard Greens
- Lettuce
- Zucchini
- Brussel Sprouts
- Cucumber
- Celery
- Leafy Greens
- Cabbage
- Green & Red Bell Peppers
- Green Beans
- Peas
- Tomatoes
- Beet Greens
- Cauliflower
- Mushroom
- Onions - Green & White
- Scallions
- Rhubarb
- Radishes
- Jicama
- Kale
- Arugula