

Grocery List

This list may alter a bit for your personal likes/dislikes but it includes foods that will give you a good, healthy, balanced meal plan. Choose your favorites from the lists below and make your own weekly food plan.

Tips

Take the list with you to the store and only get what is on the list. It's easy to just "grab" as you go by things, but that is impulse shopping and will likely lead to unhealthy options in the cupboards/fridge/freezer.

Shop the perimeter of the store for the most part. That is where the fresh foods are and will keep you away from the starchy, sugary, packaged junk.

Produce

*Buy produce that is in season in your area. Try to buy local!!!

*It's okay to buy some frozen (good blended together in smoothies for post-workout)

Veggies:

Lettuce
Carrots
Celery
Bell Peppers
Mushrooms
Onions
Broccoli
Spinach
Cauliflower
Zucchini
Squash
Eggplant
Brussel Sprouts
Asparagus
Green Beans
Cabbage
Cucumbers
Jicama
Turnips
Sweet Potatoes

Fruits:

Apples
Bananas
Oranges
Grapefruit
Avocados
Tomatoes
Grapes
Apricots
Kiwi
Pears
Peaches
Strawberries
Blueberries
Raspberries
Blackberries
Cherries
Plums
Lemon
Lime
Melons

Herbs:

Cilantro
Basil
Bay Leaves
Parsley
Thyme

Meat

*Look for GRASS FED on the label of poultry and beef and FAS (Frozen At Sea) on the label of fish.

*Always trim away excess fat from meat before cooking

Poultry:

Chicken Breasts (boneless, skinless)
Turkey Breasts (boneless, skinless)
Ground Turkey (lean white meat)
Turkey Bacon (extra lean)

Fish:

Salmon (WILD Alaskan)
Trout
Tuna
Halibut
Tilapia

Red Meat:

Extra Lean Ground Beef
Top Sirloin Steak

“Dairy”

Eggs (omega 3 enriched)
Almond Milk

Miscellaneous

Nuts:

*Raw or Dry Roasted, unsalted
Almonds
Walnuts
Pecans
Brazil Nuts
Hazel Nuts
Almond Butter

Dried Fruit

*Use sparingly, no sugar added
Cranberries
Apricots

Spices:

*Anything you want except salt

Drinks:

Juice
*No Sugar Added (use sparingly)
Tea
*Organic Tea (no sugar added)
Green Tea!!!
WATER, WATER, WATER

Oils:

Olive, Canola, Sunflower, Coconut