

GROCERY LIST (asterisks denote highly recommended foods)

**Protein:**

Protein Powder (Vegan options available)\*  
Eggs\*  
Boneless / skinless chicken breast\*  
Lean ground turkey  
Canned Tuna (in water)\* - comes in packets as wells,  
good for on-the-go  
White Fish  
Wild Salmon \*  
Tofu (Vegan friendly)  
Plain nonfat greek yogurt  
Nonfat cheese sticks (for those who need a quick on  
the go snack)

**Complex/Starchy Carbohydrates:**

Old-Fashioned Oatmeal (gluten-free options  
available)  
Low-carb/Low-sugar cereal (Fiber One for example)  
Quinoa (gluten-free options available)  
Sweet Potato  
Yam  
Whole Wheat Bread (gluten free options available,  
personally, I use Ezekiel bread)  
Brown Rice

**Fruit:**

Apples  
Pears  
Blueberries  
Raspberries  
Strawberries  
Grapefruit  
Lemon (for water and fish)

**Beverages:**

Water\* - MUST HAVE  
Unsweetened Almond Milk (can be flavored, I like  
vanilla)  
Unsweetened Coconut Milk  
Green tea bags\*  
Coffee\*

**Fibrous Veggies:**

Spinach\*  
Broccoli\*  
Asparagus\*  
Kale\*  
Bell Peppers  
Mushrooms  
Cauliflower  
Brussel Sprouts  
Green beans  
Artichoke  
Zucchini  
Cucumber

*Don't be afraid to experiment! There are many  
others out there besides these*

**Health Fat Options: (pick at least 2)**

Natural Peanut or Almond butter (only ingredient  
should be peanuts or almonds, there should be oil  
on top, low/no sodium)  
Olive Oil  
Coconut Oil  
Almonds  
Walnuts  
Pistachios  
Avocado  
Flaxseed Oil

**Condiments:**

Balsamic Vinegar  
Salsa  
Chili Powder  
Mrs Dash  
Mustard  
Cinnamon  
Unsweetened Baking Cocoa  
Stevia  
Honey  
Pam non-stick cooking spray\*

**Vitamins:**

Fish Oil\*  
Multi-Vitamin\*