

# Grocery List

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## Protein

- chicken breast
- ground turkey
- ground chicken
- Greek yogurt
- cottage cheese
- protein powder
- egg whites
- shrimp
- fish
- whole eggs
- flank steak
- lean ground beef
- salmon (can count as fat too)

## Carbs

- steel cut oats
  - Ezekiel bread (or equivalent)
  - rice
  - potatoes
  - sweet potatoes
  - rice cakes
  - beans/lentils
  - berries (blueberries, raspberries, strawberries)
  - bananas
  - pineapple
  - apples
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## Healthy Fats

- nut butter (almond, cashew)
- peanut butter
- avocado
- olive oil
- coconut oil
- nuts (almonds, cashews, macadamia, Brazil)
- seeds (flax, sesame, chia, sunflower)

## Veggies

- broccoli
- green beans
- celery
- cucumber
- bell peppers
- spinach
- cauliflower
- mushrooms
- kale
- spring mix lettuce
- carrots
- zucchini

## Other

- almond milk
- cashew milk
- condiments (mustard, hot sauce)
- spices
- herbs