

Grocery List-look for whole food options that are nutritionally dense

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)
- tuna

Carbs

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

pears

grapes

Healthy Fats

nut butter (almond, cashew)

peanut butter

avocado

olive oil

coconut oil

nuts (almonds, cashews, macadamia, Brazil)

seeds (flax, sesame, chia, sunflower)

cheese

Veggies

broccoli

green beans

celery

cucumber

bell peppers

spinach

cauliflower

mushrooms

kale

spring mix lettuce

carrots

zucchini

tomato

Brussel sprouts

Other

almond milk

cashew milk

- condiments (mustard, hot sauce)
- spices
- herbs
- supplements (multivitamin, Vitamin D, Omega-3, Magnesium, etc)
- BCAA's, hydrator, etc

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