

# Your Go-To Grocery Store Shopping List



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## Protein & Dairy

- ◆ chicken breasts
  
- ◆ lean ground turkey & lean ground chicken
  
- ◆ eggs and/or carton of egg whites liquid
  
- ◆ cottage cheese (no salt or low sodium)
  
- ◆ plain fat free greek yogurt
  
- ◆ shrimp (frozen or fresh)
  
- ◆ atlantic salmon fillet
  
- ◆ tuna fish in the can (white albacore tuna in water)
  
- ◆ unsweetened almond milk

## Carbohydrates

- ◆ sweet potatoes

◆ organic instant packaged oatmeal

◆ brown rice

◆ quinoa

◆ ezeziel bread or whole wheat pita pockets

◆ brown rice cakes

### Fats

◆ natural peanut butter

◆ avocados

◆ extra virgin coconut oil (spray or solid)

◆ extra virgin light olive oil

◆ raw unsalted almonds or sliced almonds

### Produce (Fruits & Vegetables)

◆ spinach

◆ escarole

◆ lettuce (your choice)

◆ asparagus

◆ green beans

◆ blackberries

◆ bananas

◆ lemons

◆ cucumbers

◆ onions (white, yellow and red)

◆ carrots sticks

◆ garlic

◆ peppers (all colors)

◆ gala apples

### Seasonings, Sauces & Etc. Items

Dressings: I use apple cider vinegar for salads or Walden Farms Italian dressing

Seasonings: cinnamon, Mrs. Dash (variety of flavors), sea salt, black pepper, red pepper flakes

Additional items: low sodium organic chicken broth & vegetable broth, Bragg's Liquid Aminos (soy sauce alternative), Annie's Natural Organic BBQ sauce/marinade

Beans: cannellini beans, red kidney beans, lentils (always no salt and organic when possible)