

Food Ideas / Grocery Items

Protein

Chicken Breast
Scallops
Turkey
Egg Whites
Ground Bison
Shrimp
Pork Tenderloin
Deli Ham
Eggs
Tuna
Protein Powder
Oysters
Venison
Cod
Mahi Mahi
Tilapia

Protein + Fat

Ground Lamb
NY Strip Steak
Salmon
Ribeye Steak
Ground Beef
Sardines

Carb

Starch
White Potatoes
Sweet Potatoes
Yams
Brown Rice
Quinoa
Plantains
Beets
Carrots
Parsnips
Oatmeal
Butternut Squash
Acorn Squash
Spaghetti Squash
Jasmine Rice

Fruit

Raspberries
Blueberries
Blackberries
Strawberries
Apples
Grapefruit
Oranges
Bananas
Grapes
Melons
Peaches
Pears
Pineapple

Fat

Walnuts
Almonds
Pecans
Peanuts
Pistachios
Avocado
Olives
Olive Oil
Coconut Oil
Dark Chocolate
Sunflower Seeds
Nut Butters
Butter
Ghee

Fat + Protein

Full Fat Cheese
Sausage
Bacon
Hemp Seeds
Whole Egg
85% Beef
Cashews
Macadamia Nuts

Veggies

Kale
Arugula
Spring Mix
Spinach
Chard
Broccoli
Celery
Cabbage
Tomatoes
Zucchini
Leeks
Asparagus
Brussel Sprouts
Cucumber
Garlic
Mushrooms
Onions
Bell Peppers
Jalapeno Peppers
Cauliflower
Mixed Greens
Chard
Lettuce
Mini Sweet Peppers

High Fiber Foods

Black Beans
Lentils
Sweet Potato
Chickpeas

Hydration

Water
Coffee
Tea
Coconut Water
Sparkling Water

Herbs & Spices

Salt
Basil
Black Pepper
Chili Powder
Cilantro
Cinnamon
Cumin
Dill
Ginger
Nutmeg
Rosemary
Sage
Turmeric
Thyme

Seasonings

Everything But The Bagel
Garlic Powder
Pumpkin Spice
21 Seasoning Salute

Tips

*Shop the perimeter of the store

*Instead of reading labels, aim for unpackaged foods.

*Grains can be an acceptable source of carbs, but single/simple ingredients are key.

*This is not an exhaustive list. Other options are viable in each category. This list is meant to give you ideas and a starting point.

*When shopping, aim to buy 2-3 of each from protein, carbs, fats, and veggies to give you options throughout the week.