

**Food Ideas / Grocery Items - 2021**

**Protein**

*Fowl*

Chicken  
Turkey  
Duck  
Eggs

*Red Meat*

Beef  
Pork  
Bison  
Venison  
Lamb

*Seafood*

Salmon  
Trout  
Catfish  
Tuna  
Sardines  
Cod  
Mahi Mahi  
Halibut  
Tilapia  
Grouper  
Crab  
Shrimp  
Oysters  
Scallops  
Mussels

*Dairy*

Whey Protein Powder  
Casein Protein Powder  
Yogurt

**Fat**

Walnuts  
Almonds  
Pecans  
Pistachios  
Cashews  
Macadamia Nuts  
Chia Seeds  
Avocado / Avocado Oil  
Olives / Olive Oil  
Coconut Oil  
Nut Butters  
Ghee  
Grass Fed Butter

**Fat + Protein**

Cheese  
Cottage Cheese  
Sausage  
Bacon  
Hemp Seeds

**Vegetarian Protein**

*Protein + Carbs*

Lentils  
Chickpeas  
Beans  
Hemp Products  
Pea Products  
Oats  
Quinoa  
Spirulina / Algae  
Tofu / Soy Products

**Veggies (low carb)**

Kale  
Arugula  
Spinach  
Chard  
Lettuce  
Mixed Greens  
Peppers  
Broccoli  
Cauliflower  
Celery  
Zucchini  
Onions  
Asparagus  
Brussel Sprouts  
Leeks  
Cucumber  
Cabbage  
Green Beans  
Tomatoes  
Garlic  
Mushrooms

**Legumes**

*Carb + Protein or Fat*

Lentils  
Chickpeas  
Peas  
Kidney Beans  
Black Beans  
Pinto Beans  
Peanuts

**Carbohydrate**

*Fruit*

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

*Starch*

White Potatoes  
Sweet Potatoes  
Yams  
Beets  
Carrots  
Parsnips  
Butternut Squash  
Acorn Squash  
Spaghetti Squash  
Pumpkin

**Hydration**

Water  
Coffee  
Tea  
Coconut Water  
Sparkling Water

**Pantry Staples**

Almond Flour  
Coconut Flour  
Avocado Oil  
Coconut Oil  
Olive Oil  
Grass Fed Butter  
Balsamic Vinegar  
Chicken / Beef Stock  
Coconut Milk  
Cocoa Powder

**Herbs & Spices**

Salt  
Black Pepper  
Turmeric  
Cinnamon  
Nutmeg  
Cumin  
Ginger  
Rosemary  
Thyme  
Basil  
Chili Powder  
Cayenne  
Garlic Powder  
Onion Powder

**Avoid**

Bread	Cereal
Pasta	Granola
Sugar	Energy Bars
Alcohol	Energy Drinks
Chips	Refined Oils
Most Protein Bars	Artificial Sweeteners
Corn Syrup	Fruit Juice

**Tips**

\*Shop the perimeter of the store  
\*Instead of reading labels, aim for unpackaged foods.  
\*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 3 items of each from protein, carbs, fats, and veggies to give you options throughout the week.