

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

Rice
Oatmeal
Whole Wheat Bread
Whole Wheat Pasta
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

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.