

GROCERY LIST

Veggies

Spinach
Kale
Asparagus
Broccoli
Squash
Onions
Cucumber
Zucchini
Sweet Potatoes

Fruit

Berries (Frozen)
Apples
Bananas
Grapefruit
Avocado
Citrus (Lemons, Limes)
Dried Fruit
(unsweetened)
Your Seasonal Favorites!

Herbs and Spices

Allspice
Basil
Cloves
Cinnamon
Cayenne Pepper
Chili Powder
Cilantro
Cumin
Dill
Garlic
Ginger
Curry Powder
Sea Salt
Pepper
No-Salt Seasoning (Mrs. Dash)

Protein

Chicken
Salmon
White Fish
Deli Meat
Ground Turkey
Tempeh
Shrimp
Eggs/Egg Whites

Additional Items

Dairy

Unsweetened Almond Milk
1% or Non-Fat Plain Greek
Yogurt

Pantry Items and Grains

Quinoa
Brown Rice
Dried or Canned Beans
Oatmeal (not instant)
Protein Powder
Ezekiel Bread
Whole Grain Wraps
Sweetener of Choice (Honey, Stevia, etc.)
Vinegars (Apple Cider, Balsamic, Rice
Wine, etc.)
Cocoa Powder
Low-Sodium Stock
Nuts and Seeds
Oils (Almond, Coconut, etc.)
Nut Butter