

SHOPPING LIST

FRUIT:

- Apples
- Oranges
- Peaches
- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Mangos
- Pineapple
- Melon
- Papaya
- Figs

DAIRY:

- Reduced-fat milk
- Almond milk
- Coconut milk
- Eggs
- Reduced-fat cheese
- Reduced-fat yogurt

VEGETABLES:

- Lettuce
- Spinach
- Kale
- Brussel sprouts
- Broccoli
- Green beans
- Sweet potatoes
- Zucchini/squash
- Beets
- Bell peppers
- Tomatoes
- Cucumbers
- Celery
- Carrots
- Black beans
- White beans
- Chickpeas

MEAT/SEAFOOD:

- Chicken breast
- Lean turkey
- Lean beef
- Lean pork
- Salmon
- Tilapia
- Swai
- Shrimp
- Crab
- Tuna
- Scallops

FATS:

- Olive oil
- Avocado
- Almonds
- Peanuts
- Cashews
- Peanut butter
- Almond butter
- Coconut oil
- Sunflower seeds
- Chia seeds

MISC:

- Whole wheat flour
- Cooking spray
- Spices/seasonings
- Protein powder
- BCAA's