



Grocery List the Basics!!

***Protein/Meat...**

Chicken Breast
Chicken Thigh (Higher healthy fat)
Turkey
Steak (Can be higher healthy fat)
Lean Beef
Buffalo
Wild Game
Wild Salmon

***Veggies.....**

Any all you can think off!!!Veggies will never cause you to not hit your goals!

***Healthy fats**

Avocados (guac)
Coconut oil
Nuts- almonds, walnuts, pecans, cashews, macadamia nuts
Peanut (Nut) butters (All Natural)
Eggs
Olives . Olive Oil(But don't cook with it)
Organic Butter
Ghee

Seeds

Hemp Hearts
Quinoa
Sesame Seeds
Chia Seeds
Flax Seed

Carbs

Oatmeal
Sweet potato
White rice / long grain wild rice
Black beans / lentil / chick pea / pinto
Sprouted seed- grain bread



Fruits

Blue Berries (or darker the better)

Grapefruit

Mangos

Apple

Additional Items: For flavor and cooking

Greek Yogurt (0 sugar)

Home Made Pico De Gallo /Salsa /

Mustards (No sugar)

Spices (NOT SEASONINGS)

Cayenne Cardamom Turmeric Cumin Cinnamon Cloves Ginger Garlic Oregano Basil Cilantro Rosemary

If in a can, box, bag because it is premade it needs to have 5 ingredients or less and each one you better know what it is!