

GROCERY LIST

MEATS (grass fed)

Ground turkey
Sirloin beef
Chicken tenders
Bison

“DAIRY”

Greek yogurt
Almond milk
Feta cheese
Cage free, organic,
free roaming eggs

VEGGIES

Cauliflower
Broccoli
Spinach
Romaine lettuce
Cucumbers
Basil/Mint
Tomatoes
Onions/Garlic
Zucchini
Asparagus

FRUITS

Strawberries
Blueberries
Bananas
Apple
Tangerines
Grapes
Apples

NUTS

Almonds
Sunflower seeds
Pumpkin seeds

HEALTHY FATS

Grass-fed butter
Olive Oil
Coconut oil
Avocado
Almond Butter

OTHER

Dates
Honey
Corn Tortillas
Almond Milk
Sparkling water
(naturally flavored)

Lemons
Limes
Balsamic Vinegar
Apple Cider Vinegar