

Shopping List | 2015

Protein:

- Shrimp
- Turkey (Ground, Oven Roasted)
- Cod
- Crab
- Lobster
- Salmon
- Pork
- Tuna (Fresh or canned)
- Steak (Flank, Tri Tip, New York Strip)
- Lean Ground Beef
- Eggs
- Bison
- Halibut
- Bass
- Trout

Veggies:

- Artichokes
- Asparagus
- Basil
- Broccoli (fresh or frozen)
- Brussel Sprouts
- Cabbage
- Cauliflower (fresh or frozen)
- Celery
- Cucumbers
- Garlic
- Kale
- Leeks
- Mushrooms
- Onions
- Canned Olives
- Peppers

- Radishes
- Rosemary
- Spinach
- Squash
- Zucchini
- Tomatoes (fresh or canned)
- Turnips

Fruits:

- Avocado
- Blueberries (fresh or frozen)
- Cantaloupe
- Lemons
- Limes
- Raspberries (fresh or frozen)
- Strawberries (fresh or frozen)

Dairy Replacements:

- Unsweetened Almond Milk
- Unsweetened Coconut Milk

Nuts:

- Almonds
- Almond Butter
- Cashews
- Macadamia Nuts
- Pecans
- Pistachios
- Walnuts

Condiments/Oil:

- Olive Oil
- Coconut Oil
- Low Sodium Beef Broth
- Low Sodium Chicken Broth
- Mustard

Herbs/ Spices:

- Basil
- Cayenne
- Chili Powder
- Chives
- Cilantro
- Cinnamon
- Cloves
- Dill
- Garlic Powder
- Italian Herbs
- Lemon Pepper
- Nutmeg
- Onion Powder
- Oregano
- Parsley
- Black Pepper
- Sea Salt
- Salt Substitute

Other:

- Almond Flour
- Coconut Flour
- Salsa

Refer to this list when grocery shopping to make sure you make healthy choices and stay on track with your meal plan.