

Example Grocery List

MEAT & DAIRY

- Extra lean beef, 1-2 lbs
- Chicken breasts, 1-2 lbs
- Smoked turkey breast, 1-2 lbs
- 1 lb salmon fillet
- 2 cartons pasteurized egg whites
- 1 dozen omega-3 eggs
- A few ounces of cheese

VEGGIES & FRUITS

- Raw spinach, 1 lb
- Whole mushrooms, 1/2 lb
- Sweet onions, 2 medium
- Fresh red tomatoes, 3 large
- Cucumbers, 2 large
- Fresh garlic, 1 bunch
- Apples, 4
- Frozen berries, bag
- Lemons, 4

OTHER

- Vanilla milk protein blend, 2 lb
- Chick peas, 1-2 cans
- Steel cut oats, 1 lb
- Quinoa grain, 1 lb
- Oat bran, 1/2 lb
- Golden flax seeds, 1/2 lb
- Extra virgin olive oil
- Butter, coconut oil, or spread
- Cooking spray (olive oil)
- Pecans, 1 lb
- Lemon juice, 1 bottle
- Salt & pepper
- Garlic powder
- Fajita seasoning
- Cinnamon
- Cumin