

# SHOPPING LIST

## PROTEIN

- Boned chicken breast
- Ground turkey (99% lean)
- Tilapia
- Salmon
- Egg whites
- Whole eggs
- Lean steak
- Very lean ground beef
- Turkey bacon

## CARBS

- White rice
- Whole-wheat pasta
- Oatmeal
- Red potatoes
- Sweet potatoes
- Whole-grain bagels
- Fruit (grapefruit, berries, etc.)

## FATS

- Natural peanut butter
- Almond butter
- Almonds
- Walnuts
- Avocados
- Coconut oil
- Olive, canola and/or sesame oil
- Salmon and other fatty fish

## VEGETABLES

- Asparagus
- Broccoli
- Zucchini
- Spinach
- Squash
- Onions
- Cauliflower
- Any others you like

