

GROCERY LIST

PROTEIN

- Egg Whites
- Whole Eggs
- Chicken
- Ground Turkey
- Lean Beef
- White Fish
- Seafood
- Micropure® Whey Protein Isolate
- Kasein™

CARBS

- Oatmeal
- Sweet Potatoes
- Rice
- Almond milk
- Berries
- Zucchini
- Broccoli
- Spinach
- Asparagus
- Cucumbers
- Beans and lentils

FATS

- Dairy
- Natural nut butters
- Avocados
- Almonds, nuts & seeds
- Salmon
- Sardines
- Olive, coconut, canola & safflower oils