



Grocery List

Meat/Seafood	Produce	Dairy
Lean Ground Turkey	Zucchini	Parmesan Cheese
Chicken Breast	Sweet Potato	Goat Cheese
Lean Top Sirloin	Bananas	Sharp White Cheddar
Scallops	Broccoli	Fat Free Shreds Cheese
Shrimp	Ginger Root	Fat Free Cream Cheese
Wild Mahi Mahi	Lemons	Fat Free Sour Cream
		Almond Milk
		NonFat Greek Yogurt
		Eggs
		Egg Whites
Natural/Organic	Canned	Frozen
Honeycrisp Apples	Chili Beans	Ezekial Bread
Celery	Diced Tomatoes	
Carrots	Pumpkin	
Spinach	Black Beans	
Strawberries		
Blueberries		
Spices/Condiments	Beverages	Other
Natural Peanut Butter	Coffee Beans	Apple Cider Vinegar
Coconut Oil	Green Tea	Olive Oil
Ground Ginger	Acai Energy Powder	Worcestershire Sauce
Ground Cinnamon		Cacao Nibs
Cumin		Olives
Chili Powder		Pickles
Garlic Powder		PB2
Stevia		Spirutein Protein
Black strap Molasses		Optimum Nutrition Whey Protein
Mustard		
Cereal/Grain/Pasta	Snacks	
Shirataki Noodles	Triscuits	
Amaranth Flakes	Wheat Thins	
Kashi Go Lean	Natural Amonds	
Quinoa	Dates	
Oats	Beanitos	
	Edamame	