



GROCERY LIST

A basic list of foods to primarily fill your fridge & pantry
with for a healthy lifestyle

PROTEIN

- Chicken
- Lean ground turkey
- Lean ground beef
- Steak
- Shrimp
- Salmon
- Fish
- Tuna
- Eggs
- Bison
- Pork
- Turkey/Chicken
sausage & bacon
- Bacon
- Greek Yogurt
- Cottage Cheese
- Tofu/Tempeh
- Beans, Lentils,
Chickpeas

FATS

- Nuts
- Avocado
- Seeds (Chia, Flax, Hemp,
Pumpkin, Pepitas)
- Peanut & nut butters
- Cheese
- Butter
- Avocado oil
- Olive Oil
- Coconut Oil

CARBOHYDRATES

- Rice
- Potatoes
- Sweet Potatoes
- Pasta
- Quinoa
- Fruit
- Veggies
- Squash
- Oats
- Bread
- Wraps/Tortillas
- Beans
- Lentils
- Chickpeas



SHOPPING TRICKS

- Frozen fruits, veggies, and meats can be a great option to have on hand! They are usually picked at the peak of freshness and are just as healthy as fresh!
- Ideally, stick to the perimeter of the store- that's where you'll find lots of fruits, veggies, and lean meats! *but* don't be afraid of roaming the isles for great healthy substitutes like packaged cauliflower rice, refried black beans, lentil or chickpea pasta, goat cheese, etc!
- Organic, Gluten Free, Keto, "All Natural", packaged food doesn't necessarily mean it's healthier. Those terms are used for marketing! Organic cookies still has calories!
- If you can, choose organic meats, grass fed beef, and cold water fresh caught salmon.
- The ingredients will give you a better understanding of how nutrient dense the item is more-so than the marketing terms labeled on the front of the package.
Pay attention to portion sizes!
- Many healthy foods still have preservatives & chemicals in them to preserve freshness- this does not mean they're unhealthy.



MONEY SAVING TIPS

- Many stores now have their own apps & E-coupons! UTILIZE them!!
This is a huge money saver!
- Utilize grocery pick up or delivery services when you don't have time to go grocery shopping! Sometimes there's a small fee, but it will save you from picking up a few random goodies you don't need!
- Ibotta is a great app to get money back on items purchased on your shopping trip!
- Write a grocery list in the notes section of your phone (or bring one with) and stick to it.
- Take inventory of what you have in your fridge & pantry before you go grocery shopping.
- Plan meals out for the week and buy just what is needed.
- Keep basics like premade frozen meals, lentil pasta, pasta sauce, frozen meat, oats, seasonings, and frozen veggies on hand for those days when you're in a pinch!



MEAL PREP TIPS

When grocery shopping for the week ahead, pick 3 different proteins, 3 different carbohydrates, 3 different fats, 3 different veggies, and 3 different fruits.

If you get bored of the same things every week, change up at least 1-2 of the 3 items for variety! This also prevents buying too much and throwing away food that doesn't get used up!

For example:

3 proteins: Chicken breast, beef, eggs

3 carbs: Sweet potatoes, quinoa, oats

3 fats: Avocado, Nut butter, EVOO

3 Veggies: Asparagus, Spinach, Green beans

3 fruits: Strawberries, Blueberries, Grapes

When putting the meals together it becomes:

Breakfast: Eggs w/ Spinach, Oats w/ nut butter

Lunch: Chicken breast, quinoa, and chopped asparagus thrown in a bowl

Dinner: Beef, sweet potatoes, green beans

Dessert: grapes (or frozen grapes) or blueberries & strawberries

Protein Ideas

- Bacon
- Beef
- Chicken Breast
- Chicken thighs
- Egg whites
- Duck
- Lamb
- Pork
- Turkey
- Fish
- Scallops
- Shrimp
- Whole eggs

Carb Ideas

- Acorn Squash
- Beans
- Black bean pasta
- Beets
- Brown Rice
- Butternut Squash
- Carrots
- Chickpeas
- Delicata squash
- Fruit
- Oats
- Bread
- Jimica
- Squash
- Lentils
- Lentil Pasta
- Parnsnips
- Plantains
- Potatoes
- Pumpkin
- Quinoa
- Spaghetti Squash
- Sweet Potatoes
- Rutabaga
- Turnips
- White Rice

Fat Ideas

- Almonds
- Almond butter
- Avocado
- Avocado Oil
- Bacon
- Beef
- Bison
- Brazil Nuts
- Cashews
- Clarified butter
- Coconut
- Coconut butter
- EVOO
- Macadamia Nuts
- Olives
- Hazelnuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin Seeds
- Salmon
- Sesame Seeds
- Sunflower Seeds
- Sunflower seed butter
- Walnuts
- Whole eggs

Fruit Ideas

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Figs
- Grapefruit
- Grapes
- Jicama
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Straberries

Vegetable Ideas

- Acorn Squash
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell peppers
- Bok Choy
- Broccoli
- Broccolini
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Delicata squash
- Eggplant
- Fennel
- Green beans
- Kale
- Leeks
- Lettuce
- Mushroom
- Okra
- Onion
- Parsnip
- Potatoes
- Pumpkin
- Radish
- Rutabaga
- Rhubarb
- Romaine
- Shallots
- Snow Peas
- Spaghetti Squash
- Sprouts
- Summer Squash
- Swiss Chard
- Tomato
- Turnip

Macronutrient Cheat Sheet

