

Shopping List

Plan and buy healthy grocery items to maintain your nutritional goals.

Produce (Fruits & Veggies)

Spinach / Broccoli / Kale

Tomatoes / Cucumbers

Apples / Berries / Avocados

Proteins (Meat, Fish, Tofu)

Chicken Breast / Lean Beef

Salmon / Tuna / White Fish

Eggs / Tofu / Beans

Whole Grains & Carbs

Oats / Brown Rice / Quinoa

Whole Wheat Bread / Sweet Potato

Dairy & Healthy Fats

Low-fat Milk / Greek Yogurt

Olive Oil / Nuts & Seeds
