

GROCERY LIST CHEAT SHEET

Build your weekly meals from the food list here

LEAN PROTEIN	STARCHY CARBS	HEALTHY FATS	VEGETABLES	FRUITS
Salmon Tuna Shrimp/Scallops Crab Chicken breast White fish Chicken breast/turkey Ground chicken/turkey Lean steak Lean ground beef Tofu/Quorn Greek yogurt Milk (fat free) Egg whites Whey/ Casein	Whole grain bread Oatmeal Beans (any kind) Lentils (any kind) Corn Regular Pasta Whole Wheat Pasta Sweet Potatoes White Rice Brown or Wild Rice Quinoa Buckwheat	Olive Oil Flaxseed Oil Butter All Nut Butters (natural) Sunflower Seeds Macadamias Pistachios Cashews Pecans Peanuts Walnuts Almonds Avocados	Broccoli Spinach Lettuce Onions Tomatoes Green Peppers Asparagus Cabbage Cauliflower Celery Cucumbers Brussels Sprouts Green Beans Mushrooms Yellow Squash Zucchini Cabbage	Banana Grapes Blueberries Cherries Apple Strawberries Raspberries Orange Peach Pear Melon Cantaloupe Watermelon

MEAL 1	MEAL 2	MEAL 3	SNACKS
Protein	Protein	Protein	Protein
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Fat	Fat	Fat	Fat
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Carb	Carb	Carb	Carb
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Fruit/veg	Fruit/veg	Fruit/veg	Fruit/veg
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SPICES, CONDIMENTS, AND BEVERAGES

<p>ZERO CALORIE SPICES </p> <p>Salt Pepper Dry rub Dry seasoning Spice mixes Dry herbs</p>	<p>ZERO CALORIE CONDIMENTS </p> <p>Soy sauce Hot sauce Mustard Lemon juice Vinegars Balsamic</p>	<p>ZERO CALORIE BEVERAGES </p> <p>Any tea Black coffee Water Zero cal seltzer Zero cal sodas Lemon juice</p>
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