

SIMPLIFIED GROCERY LIST

Rules for shopping:

1. Don't shop hungry.
2. Shop primarily on the outer perimeter of the store.
This is where the most whole foods are found.
3. If you buy junk, it will get eaten. So don't.

PROTEIN

93/7 Ground Beef
Chicken
Turkey
Steak
Salmon & Other Fish
Shrimp
Eggs
Greek Yogurt
Protein Powder

VEGETABLES / FRUITS

Broccoli
Green Beans
Asparagus
Cauliflower
Carrots
Bananas
Blueberries
Strawberries
Raspberries
Oranges
Apples

CARBS

Sweet Potatoes
Russet Potatoes
Brown Rice
Jasmine Rice
Quinoa
Black Beans
Whole Wheat Bread
Whole Grain Pasta
Veggie Pasta

SEASONINGS / SPICES

Salt + Pepper
Cumin
Paprika
Chili Powder
Parsley
Thyme
Sage
Oregano
Dill
Garlic Powder
Cinnamon

FATS

Avocados
Almonds and other Nuts
Olive Oil
Coconut Oil
Avocado Oil
Peanut/Almond Butter
Eggs
Salmon
Chia & Flax Seeds

LOW CALORIE CONDIMENTS

Mustard
Hot Sauce
Salsa
Buffalo Sauce
Sugar Free Ketchup
Sriracha
Low Sodium Soy Sauce
Balsamic
Sugar Free BBQ Sauce
Walden Farms
Primal Kitchen

*Your shopping does not have to be limited to the things on this list. There may be other things you need to purchase in order to prepare certain meals and make your diet sustainable. However, 90% of your cart should be filled with items from this list.