



Grocery list

Carbs:

Ezekiel bread
Glutino English muffins
Corn tortillas
Rice cakes
Gluten free oats
White jasmine rice
Quinoa
Fat free refried beans
Sweet potatoes
Red or white potatoes
Tinkyada brown rice pasta

Protein:

Chicken
90/10 or leaner Ground beef
Ground turkey
Ground chicken
Liquid eggwhites
Canned tuna
Lono life broth packets
Salmon
Shrimp
Egglife eggwhite wraps

Fats:

Kerigold Irish butter
Avocado oil
Olive oil
Almond or peanut butter. (Brands with only nuts and salt is preferred)
Whole Almonds
Whole cashews

Fruits and veggies:

Cherry tomatoes
Zucchini
Bell peppers
Onion
Bananas
Blueberries
Raspberries
Canned green beans
Rotel diced tomato and chilis
Dates
Chia seeds
Ground flax
Coconut flour

Snacks/sauces/other

Nut pods coffee creamer
Laird superfood creamer
GHughes sugar free sauces
505 green chili sauce
Bolthouse farms dressings
Salsa
PB Fit peanut butter powder
Mighty spark chicken snack stick
Nicks ice cream

Beverages:

Kombucha
GT's alive ancient mushroom elixir
Lagunitas Hop water
Four stigmatic ground coffee
Mud/WTR