



GROCERY SHOP LIST

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Three Big Tips for grocery shopping

- 1: Make sure you have a plan of what you are going to buy and stay at the perimeter of the store.
- 2: Make sure you go on a semi regular basis every 2-3 days.
- 3: Make sure you learn how to read food labels and do not go when hungry.

Vegetables and Fruit

Buy as many of these choices as you want. With respect to fruit try to keep portions around 1-2 servings per day.

Vegetables

SPINACH	CAULIFLOWER	CUCUMBERS	TOMATOES	KALE,
MUSHROOMS	GREEN PEPPERS	BROCCOLI	EGGPLANT	CABBAGE
ONIONS	GREEN BEANS	CELERY	ASPARAGUS	SQUASH
LETTUCE	CARROTS	LETTUCE	SQUASH	POTATO

Fruit

BANANA	ORANGE	APPLE	MELONS	GRAPES
PRUNES	BERRIES	STRAWBERRIES	PEACHES	PEARS
WATERMELON	CHERRIES	GRAPES	DRAGON FRUIT	AIVOCADO

Meat and Protein Sources

Try to include one source of one of these in three meals or snacks a day.

LEAN BEEF	LEAN BEEF STEAK	CHICKEN BREAST	MINCED CHICKEN	SALMON
TUNA	TILAPIA	CANNED FISH	PLAIN YOGURT	PROTEIN POWDER



EGGS	LEAN CHEESE	COTTAGE CHEESE	LEAN PORK	CAMEL
SOY	BEANS	LENTILS	TOFU	TURKEY

Complex Carbohydrate Sources

When trying to lose body fat ingest these foods around exercise sessions or one small serving per day.

LARGE FLAKE OATS	YAMS	BROWN RICE	SWEET POTATO	QUINOA
BREAD	WRAPS	RICE CAKE	CEREAL	PASTA

Fat Sources

Can incorporate these in moderation, healthy fat is important for several reasons but can accelerate calorie intake if consumed too much.

OLIVE OIL	FATTY FISH	PEANUT BUTTER	AVOCADO	ALMONDS
COCONUT OIL	NUTS	EGGS		