

GROCERY LIST - FOR - MEAL PREP

PROTEIN

- Lean Beef & Ground
- Ground Turkey
- Turkey Bacon
- Eggs
- Salmon, Tuna, Fish in General
- Skinless Chicken
- Tuna in Water
- Shrimp
- Low Sodium Lunch Meat
- Any Kind of Game Meat

VEGGIES (fresh)

- Spinach
- Romaine Lettuce
- Baby Carrots
- Cucumber
- Tomatoes
- Squash
- Zucchini
- Bell Pepper/Onions
- Radishes
- Asparagus

FRUITS

- Apples
- Strawberries
- Blueberries
- Raspberries
- Lemons/Lime
- Grapefruit
- Oranges
- Grapes

Carbs

- Brown Rice
- Quinoa
- Sweet Potatoes
- Old Fashioned Oatmeal
- Whole Grain Wheat Bread
- Low Carb Wraps
- Whole Wheat/Low Carb Pasta

VEGGIES (frozen)

- Broccoli
- Green Beans
- Cauliflower
- Riced Cauliflower
- Mixed Veggies
- Carrots

Healthy Fats

- Olive Oil/ Nut Oils
- Grass-fed Butter
- Almonds, Walnuts, Pistachios,
- Natural Peanut Butter
- Avocado
- Coconut Oil

Dairy

- 1% Milk
- Almond Milk (unsweetened)
- Cheese
- Greek yogurt
- Cottage Cheese
- Sour Cream

Condiments

- Avocado or Olive Oil Mayo
- Balsamic Vinegar
- Mustard
- Low Sugar Ketchup
- Sugar Free BB!
- Various Seasonings
- Low Sugar Salsa

Additional Items