



<p><b>Lean Proteins</b></p> <ul style="list-style-type: none"> <li>• Fish (Tilapia, Cod, Mahi Mahi, Red Snapper, Swordfish)</li> <li>• Poultry (Breast meat)</li> <li>• Lean Ground Meats</li> <li>• Egg whites</li> <li>• Tofu</li> <li>• Beef- limited (Loin, London Broil)</li> </ul>	<p><b>Fatty Proteins</b></p> <ul style="list-style-type: none"> <li>• Seeds (Chia, Sesame, Flax)</li> <li>• Nuts/ Nut butter (Almond, Cashew, Sesame, Peanut)</li> <li>• Fish (Salmon, Bass, Oyster, Tuna, Trout)</li> <li>• Avocado</li> <li>• Eggs</li> </ul>
<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Leafy Greens (Spinach, Kale, Green leaf or romaine lettuce )</li> <li>• Roots ( Parsnip, carrot, beet, onion, taro, daikon)</li> <li>• Broccoli</li> <li>• Cauliflower</li> </ul>	<p><b>Starches</b></p> <ul style="list-style-type: none"> <li>• Oatmeal (steel cut, old fashioned)</li> <li>• Potatoes ( sweet, yam, red, purple Yukon gold)</li> <li>• Beans (kidney, black, pinto, garbanzo)</li> <li>• Flour (oat, whole wheat)</li> </ul>

<ul style="list-style-type: none"> <li>• Squash (zucchini, crookneck, spaghetti, acorn, butternut)</li> <li>• Peppers (anaheim, bell, jalapeño, sweet)</li> <li>• Green Beans</li> <li>• Brussels sprouts</li> <li>• Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice</li> <li>• Barley</li> <li>• Lentils</li> <li>• Quinoa</li> </ul>
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• Berries (blueberry, strawberry, raspberry, blackberry)</li> <li>• Melon (cantaloupe, watermelon, honeydew, casaba)</li> <li>• Coconut (meat and coconut water)</li> <li>• Acai Superfruit Puree (unsweetened)</li> <li>• Apples</li> <li>• Oranges</li> <li>• Banana</li> <li>• Tomatoes</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• Olive oil (Extra Virgin)</li> <li>• Coconut</li> <li>• Avocado</li> <li>• Sunflower</li> <li>• Safflower</li> <li>• Flaxseed</li> <li>• Grape seed</li> </ul>
<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• Milk (almond, coconut, soy, cashew, goat, oat, low fat)</li> <li>• Greek yogurt (high protein, low carb)</li> <li>• Cottage cheese (low fat)</li> <li>• Cheese (low fat)</li> </ul>	<p><b>Sweeteners/ Flavor additives</b></p> <ul style="list-style-type: none"> <li>• Stevia, Splenda, monk fruit, trivia</li> <li>• Natural herbs and spices</li> <li>• Raw/ coconut sugar</li> <li>• Unsweetened apple sauce</li> <li>• Nutritional Yeast</li> <li>• Chicken/ vegetable/ beef broth</li> <li>• Vinegar (apple, white, red, balsamic)</li> </ul>

### **Dietary Supplements \***

- Protein (whey, casein, pea, hemp, veggie) (low carb, low sugar, 15-25g)
- BCAAs ( branch chain amino acids)
- Joint support (MSM, Chondroitin, Calcium with Vitamin D)
- Multivitamins & other ( C, D, Fe, etc.)
- Fish oil

\* Please consult a licensed health care professional before starting any supplement or dietary program, especially if you are pregnant or have any pre-existing injuries or medical conditions. This grocery list acts as a simple assistive tool and should not be used to replace any doctor or dietitian given orders.