

GROCERY LIST

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FRUIT

- Berries (Fresh & Frozen)
- Apples
- Melon
- Bananas
- Grapefruit
- Oranges
- Avocado
- Lemons & Limes
- Mango
- Kiwi

(Buy whatever is in season!)

VEGETABLES

- Romaine Lettuce
- Spinach
- Kale
- Arugula
- Broccoli
- Cucumber
- Squash
- Onions
- Carrots
- Asparagus
- Sweet Potatoes
- Zucchini
- Tomato
- Mushrooms
- Cauliflower (Frozen too!)
- Micro Greens
- Beets

(The more the merrier!!!)

GRAINS & OATS

- Quinoa
- Steel Cut Oats
- Brown Rice
- Sprouted Sourdough Bread
- Ezekiel Bread
- Siete Foods Grain Free Tortillas
- Granola (use sparingly)

PROTEIN

- Protein Powder
- Chicken Breast
- Lean Ground Turkey
- Salmon or White Fish
- Shrimp
- Vital Proteins Collagen Peptides

NUTS, OILS & SEEDS

- Extra Virgin Olive Oil
- Avocado Oil
- Favorite Nut Butter
- Almonds
- Sunflower Seeds
- Pumpkin Seeds
- Pistachios
- Cashews
- Chia Seeds

CANNED GOODS

- Black Beans
- Garbanzo Beans
- Lentils
- Vegetable or Chicken Stock
(No Salt Added)

DAIRY & DAIRY SUBSTITUTES

- Unsweetened Almond Milk
- Eggs
- 1% or Non-Fat Greek Yogurt
- Feta or Goat Cheese

SNACKS & MISCELLANEOUS

- RX Bars
- Power Crunch Bars
- Siete Foods Tortilla Chips
- Gluten Free Crackers
- Hot Sauce
- Powder Peanut Butter
- Honey/Agave
- Cocoa Nibs
- Ghee
- Spices & Fresh Herbs
- Almond Flour
- Baking Soda
- Kombucha
- Halo Top Ice Cream
- Red Wine!

ADDITIONAL ITEMS

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