

FIT GROCERY LIST

KNOW BEFORE YOU GO! EAT SOMETHING HEALTHY - LIKE AN APPLE- 30 MIN BEFORE YOU GO! DON'T GO WITHOUT A LIST! TAKE AN INVENTORY OF THE FOLLOWING ITEMS TO SEE WHAT YOU ALREADY HAVE AND WHAT YOU NEED.

PROTEINS:

- EGGS
- CHICKEN
- SALMON / WILD FISH
- GROUND TURKEY OR CHICKEN
- LEAN BEEF
- TOFU
- OTHER PROTEINS _____

VEGGIES:

- SPINACH
- BROCCOLI
- MIXED GREENS
- ASPARAGUS
- OTHER VEGGIES _____

COMPLEX CARBS:

- BROWN RICE
- BROWN RICE CAKES
- OATMEAL
- WHOLE GRAIN BREAD / GLUTEN FREE BREAD
- SWEET POTATO / POTATO
- QUINOA
- BEANS / LENTILS

HEALTHY FATS:

- AVOCADO
- OLIVE OIL / AVOCADO OIL
- ALMOND BUTTER / PEANUT BUTTER
- PUMPKIN SEEDS, SUNFLOWER SEEDS
- ALMONDS / WALNUTS OTHERS/SNACKS
- APPLES, PEARS, BERRIES, MELON, PAPAYA
- RICE CRACKERS
- HUMMUS