



# Grocery List

## Protein

Whole Eggs

Egg Whites

Skinless, boneless chicken or turkey breast

Ground lean meats (Beef, chicken breast, turkey breast)

Lean steak

Bison

Turkey bacon

White Fish (Halibut, Cod, Tilapia)

Tuna

Salmon

## Complex Carbohydrates

Oatmeal – Steel cut or Old Fashioned Rolled oats

Brown or Jasmine Rice

Couscous

Quinoa

Sweet potatoes & Yams

Red potatoes

Whole grain bread, whole grain wraps, whole grain pasta, whole grain cereal  
sprouted grain products (i.e. Ezekiel 4:9 sprouted bread for example)  
found in frozen section of health food stores, same with Gluten Free options

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# Fruits + Veggies

Fresh or frozen Fruits and Vegetables

Kale

Green leafy lettuce

Celery

Zucchini

Squash

Green beans

Spinach

Tomatoes

Cucumber

Carrots

leafy greens

Berries

Apples

natural applesauce unsweetened

Bananas

Oranges

Grapefruit

kiwi

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# Healthy Fats

Extra Virgin Olive oil

Avocado oil

Flaxseed oil

Coconut oil

Roasted nuts like Almonds, walnuts,

Natural nut butters

Avocado

Hummus

Light mayo

Light cheese

Almond milk

Coconut milk

Flaxseeds

Chia seeds

Unsweetened coconut flakes

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# **Sauces/Seasonings**

Sriracha

Mustard

Tiger sauce

Low sodium sauces (Search 10% or lower)

Liquid amino acids

Low sugar ketchup

All fresh herbs/spices are ok Mrs. Dash

Olive/coconut oil

## **Pantry Staples**

Water packed tuna, canned or boxed tomatoes  
with no salt or preservatives

Vinegars like apple cider, balsamic, white, red,  
etc.

Spices like sea salt, pepper, dried spices, honey,  
onions, shallots, ginger

Low sodium chicken or vegetable stock broth

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