

# PRO-CERY SHOPPING

## PRODUCE

- Leafy Greens
- Spinach
- Bell peppers
- Cauliflower
- Carrots
- Pre-made salad bags, or salad mixes
- Mushrooms
- Tomatoes
- Cucumber
- Beets
- Squash
- Sweet potato or regular
- Green beans
- Stir fry mix
- Easy to grab fruits (ex: apples, mandarins, grapes, bananas, etc.)
- Berries
- Avocados
- Zucchini

## DAIRY

- Milk/ Plant-based Milk
- Cheese sticks
- Yogurt, or greek yogurt
- Eggs
- Cottage cheese
- Unsalted butter

## PANTRY/BAKERY

- Oatmeal
- Granola
- Tortilla/Wraps
- Coconut milk
- Pasta- regular, whole wheat, chickpea, etc.
- Rice- brown or white
- Couscous
- Quinoa
- Fig Bars
- Pretzels
- Olive oil
- Pumpkin seeds, or seeds of your choice
- Chia seeds
- Nuts
- Peanut, almond, or sunflower butter
- Dark Chocolate
- English Muffins
- Bread- whole wheat or grain

## MEATS/FISH/ PLANT-BASED

- Salmon
- Lean Deli meats
- Chicken
- Turkey
- Turkey Bacon/ Sausage
- Tuna
- Tofu
- Edamame
- Tempeh
- Lean Beef (90/10+)
- Beans (Red, kidney, pinto, garbanzo, etc.)
- Trail Mix

## FROZEN

- Fruit mixes
- Broccoli
- Spinach
- Corn
- Edamame
- Ezekial bread (one of my favorites)
- Breakfast burritos
- Cauliflower rice (\*great for smoothies too)

The items on this list are suggested *only* as a guide!  
If you have any dietary or allergy concerns, I am happy to customize a list to your needs.



# Proteins

- Eggs
- Lean Deli Meats
- Chicken
- Turkey
- Turkey Bacon/Sausage
- Salmon
- Tuna
- Tofu
- Edamame
- Lean Beef (90/10+)
- Cheese
- Quinoa

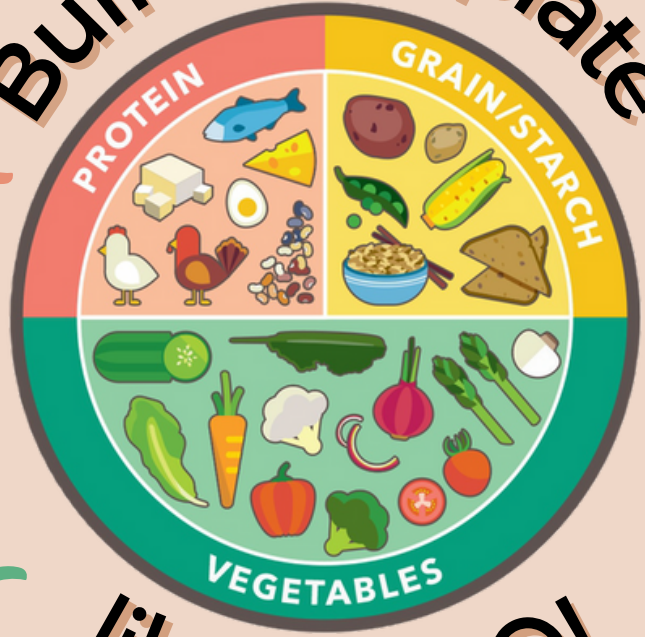
# Vegetables

- Leafy Greens
- Broccoli
- Spinach
- Bell Peppers
- Cauliflower
- Carrots
- Pre-made salads
- Mushrooms
- Tomatos
- Cucumber
- Beets
- Squash
- Green Beans
- Stir fry mix

- Nuts or Trail Mix
- Protein Bars
- Beans- Red, kidney, pinto, etc.
- Green yogurt/ yogurt
- Pork Tenderloin

 = Plant Based Proteins

# Build your plate



# like a PRO!

- Apples
- Banana
- Mandarins
- Berries
- Grapes
- Easy to grab fruits of your choice

# Fruits

# Grains

- English Muffins
- Breads- Whole wheat/grains
- Oatmeal
- Granola
- Tortillas/ Wraps
- Pasta
- Rice
- Couscous
- Quinoa
- Potatoes
- Crackers
- Pita Bread
- Fig Bars
- Pretzels
- Popcorn
- Fruit Gummies

# + Fats

- Olive oil
- Avocados
- Pumpkin Seeds
- Chia Seeds
- Walnuts
- Peanut, Almond, or Sunflower Butter
- Fatty fish
- Dark Chocolate