

HOW TO SHOP HEALTHY GROCERIES



1

PROTEIN: PICK 3-4 SOURCES

TURKEY
TURKEY BACON
CHICKEN
LEAN BEEF
EGGS / EGG WHITES
SHAKES
FISH - TILAPIA, SALMON, TUNA

EAT EVERY MEAL

VEGGIES: UNLIMITED

SOME SUGGESTIONS:
BROCCOLI, ASPARAGUS,
SPINACH, KALE, MIXED
VEGGIES

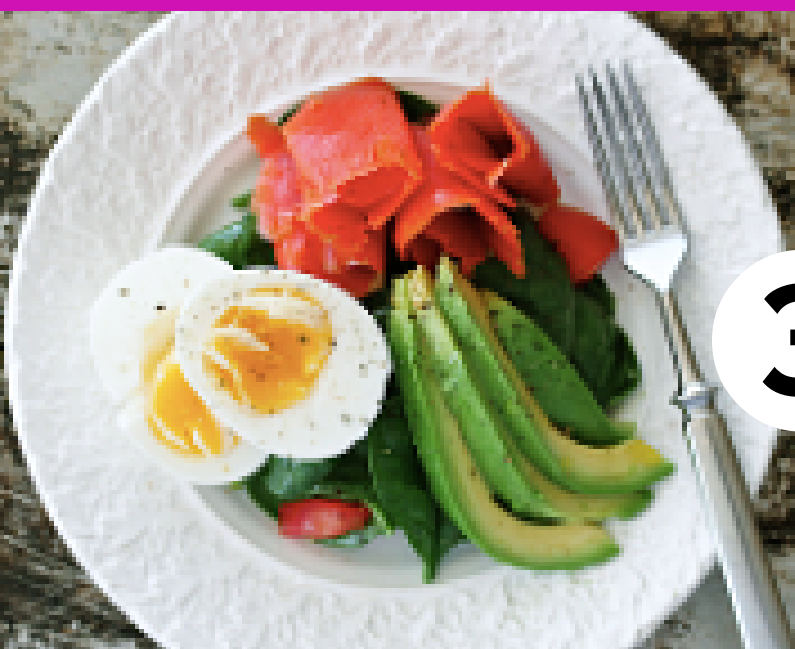
2



COMPLEX CARBS:
PICK 3-4 SOURCES

SWEET POTATOES
RED POTATOES
BROWN RICE
QUINOA
OATMEAL

EAT 2-3 TIMES A DAY



3

HEALTHY FATS:
PICK 2-3 SOURCES

AVOCADO
EGG YOLKS
PEANUT BUTTER
ALMOND BUTTER
OLIVE OIL

EAT 2- 3 TIMES A DAY

4



CREATE YOUR FIT

LET'S TRANSFORM + INSPIRE

PROGRAMS | ACADEMIES |
RETREATS | AMBASSADORSHIPS |
FUNDRAISERS

TOOLS + TECHNOLOGY

5



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