

FIT FRESH & BALANCED

GROCERY GUIDE

FRUITS

- ☐ Bananas
- ☐ Apples
- ☐ Pineapple
- ☐ Berries
- ☐ Melon
- ☐ Tomatoes
- ☐ Lemons
- ☐ Avocado

VEGGIES

- ☐ Spinach
- ☐ Lettuce
- ☐ Carrots
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Bell Peppers
- ☐ Onions
- ☐ Brussel Sprouts
- ☐ Sweet Potatoes

PROTEIN

- ☐ Chicken Breast
- ☐ Lean Ground Turkey
- ☐ Shrimp
- ☐ Salmon
- ☐ White Fish

Grocery hauls may vary. They should not be strictly based or limited to this guide.

DAIRY

- ☐ Eggs
- ☐ Almond/Coconut Milk
- ☐ Non-fat Greek Yogurt
- ☐ Mozzarella

GRAINS

- ☐ Brown Rice
- ☐ Quinoa
- ☐ Oats
- ☐ Whole Wheat/ Gluten Free Bread
- ☐ Granola

HEALTHY FATS

- ☐ Almonds/Walnuts/Cashews
- ☐ All Natural Nut butters
- ☐ Extra Virgin Olive Oil
- ☐ Coconut oil
- ☐ Chia Seeds

SEASONINGS & SUCH:

- ☐ Honey
- ☐ Hummus
- ☐ Salt
- ☐ Black Pepper
- ☐ Salsa
- ☐ Thyme
- ☐ Rosemary
- ☐ Garlic
- ☐ Balsamic Vinegar