

Relentless Coaching

Grocery Staples

These are suggestions. Fresh is best but frozen & canned options are great too. Do what fits your budget/lifestyle/schedule.

Fresh Fruits (in season)

- Berries
- Bananas
- Melons
- Apples
- Mangoes
- Grapes
- Pineapple
- Oranges
- Avocado
- Other

Dairy

- Cage Free Eggs
- Liquid Egg Whites
- Grass-fed butter
- Plain Greek Yogurt or Kefir
- Mozzarella Cheese
- String Cheese

Meat & Fish

- Lean Ground Turkey
- Boneless/skinless chicken breast or thighs
- Lean cuts of beef & bison (grass fed)
- Cod, Swai, Salmon, Shrimp, Tuna
- Applegate Farms (or similar brand)
 - Lunch Meat
 - Corn Dogs, Nuggets
 - Breakfast sausage

Fresh Veggies (in season)

- Celery
- Broccoli, Cauliflower
- Asparagus
- Carrots
- Cucumbers
- Squash's
- Lettuce (kale, spinach, butter, romaine)
- Bell Peppers, Onions
- Sweet Potatoes
- Sugar Snap Peas
- Other

Packaged Items

- Quinoa, lentils, beans
- Old Fashioned or Steel Cut Oats
- Unsweetened Applesauce
- Organic popcorn kernels
- Whole Grain bread (Dave's Killer bread or Ezekiel are great options)
- All Natural Nut Butter
- PB2 (powdered PB)
- Unsweetened Almond or Cashew Milk

Packaged Snacks

- Hummus
- Pita Chips, Pretzels, Veggie Chips
- Natural Beef Jerky
- Larabar, RX bar
- Skinny Pop Popcorn