



Grocery List

Food Group	Examples
Vegetables & Fuits	Spinach, kale, mixed greens, bell peppers, broccoli, carrots, apples, berries
Lean Protien	Chicken breast, ground turkey, eggs, canned tuna or salmon, tofu, beans/lentils
Grans and Starches	Brown rice, quinoa, old-fashioned oats, sweet potatoes, whole grain bread/wraps
Healthy Fats	Avocado, olive oil, almonds/walnuts, chia seeds, peanut or almond butter
Other Essentials	Greek yogurt (unsweetened), cottage cheese, herbs/spices, low-sodium broth

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