

@bodyofempowermentacademy grocery list

Protein

Non- vegan options:

Chicken breasts or tenders
Lean ground turkey
Lean ground beef
Bison
Eggs
Egg whites

Vegan Options:

Tempeh
Tofu- Extra Firm High protein is best
Edamame
Lentils
Abbots Butcher “meat”
Impossible Burgers

Produce

Asparagus
Broccoli
Cauliflower
Cabbage
Green Beans
Squash
Sweet Potatoes
Celery
Jicama
Fennel
Carrots
Bell Peppers
Eggplant
Zucchini
Strawberries
Blueberries
Blackberries
Rasberries
Apples

Dairy

Non-vegan:

Greek Yogurt
Cottage Cheese (I like lactose free by Good Culture)
Fairlife High Protein low sugar milk

Vegan:

Coco Yo or other plant yogurt
Plant Milk- almond, cashew, coconut (unsweetened)

Seeds and Nuts:

Sunflower seeds
Pumpkin seeds
Chia Seeds
Ground Flax
Almonds
Cashews
Walnuts
Pecans
Any other type you like...

Snack items:

Rice Cakes
Dehydrated Apple Chips
Dark Chocolate (Lily's or HU are awesome)

Breads:

Sourdough
Gluten- free seeded bread
Ezekiel Bread