

Lexi's Grocery Shopping List

Remember: "Take care of your body. It's the only place you have to live." - Jim Rohn

Meat & Fish

Buy products labeled with the following terms: 100% Grass-Fed, Wild Caught, Organic

Avoid products labeled with these terms: Processed, Pre-Made, Added Sugar, MSG, Carrageenan, Sulfites, Nitrates, Nitrites

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|----------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Poultry | <input type="checkbox"/> Fish | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Beef | <input type="checkbox"/> Sausage | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pork | <input type="checkbox"/> Bacon | <input type="checkbox"/> _____ |

Vegetables

This is a list of a few of my favorites, but add your own. The more veggies the better!

Please use a "Dirty Dozen, Clean 15" list as a reference when shopping for produce.

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| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Fennel | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Garlic | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Broccoli/Broccolini | <input type="checkbox"/> Greens (beet, mustard, collard, etc.) | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Leeks | <input type="checkbox"/> Sugar Snap Peas |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Onions | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cucumber | | <input type="checkbox"/> _____ |

Fruit

Opt for 2-3 servings per day of low-glycemic fruits, which are better for your blood sugar.

Again, please use a "Dirty Dozen, Clean 15" list as a reference when shopping for fruit.

Fruit is a great addition to a healthy diet, but be mindful of the amount you eat in a day as it contains a high sugar content and try to pair with a little protein.

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| <input type="checkbox"/> Green Apples | <input type="checkbox"/> Dates | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Figs | <input type="checkbox"/> Pineapples |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pomegranate Seeds |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lemons/Limes | <input type="checkbox"/> _____ |

Superfoods & Healthy Snacks

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|--|---|--|
| <input type="checkbox"/> Air-Popped Popcorn | <input type="checkbox"/> Kale Chips | <input type="checkbox"/> Chia Seeds |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Granola | <input type="checkbox"/> Goji Berries |
| <input type="checkbox"/> Fresh Salsa | <input type="checkbox"/> Protein Powder | <input type="checkbox"/> Matcha Powder |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Healthy Snack Bars | <input type="checkbox"/> Maca Powder |
| <input type="checkbox"/> Seed-Based Crackers | <input type="checkbox"/> Nuts & Seeds | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Greek Yogurt | |

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Oils, Sauces, & Condiments

Don't be scared of fat! You need it to feel full and satisfied. Plus, fats with omega-3 fatty acids are important for memory and reducing inflammation.

Look for products labeled with these terms: Organic, Raw, GMO Free, USDA Approved

Avoid products labeled with these terms: Carrageenan, Roasted, Hydrogenated, Partially Hydrogenated, and ALL of those sneaky names for sugar.

Oils

- Coconut Oil
- Avocado Oil
- Sesame Oil
- Walnut Oil
- Hemp Oil
- Extra-Virgin Olive Oil

Sauces

- Apple Cider Vinegar
- Balsamic Vinegar
- Red Wine Vinegar
- Fish Aminos
- Coconut Aminos
- Ghee
- Tomato Sauce

Condiments

- Jelly sweetened with fruit juice
- Unsweetened Nut Butter
- Mustard
- Organic Ketchup
- Hot Sauce

Beans & Legumes

Beans are a protein powerhouse packed with fiber and these varieties are the easiest to digest. You can go canned, but dry is better. Remember to soak them!

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|--------------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Black Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> White Beans | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> _____ |

Natural Sweeteners

Sugar is sugar, no matter the form. But instead of the chemically-laden white crap (the worst kind), try these tasty alternatives.

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|---|---|--------------------------------------|
| <input type="checkbox"/> Sweetleaf Stevia | <input type="checkbox"/> Date Syrup | <input type="checkbox"/> Maple Syrup |
| <input type="checkbox"/> Xylitol | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Raw Honey |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Brown Rice Syrup | |

Baking

Look for products labeled with these terms: Organic, Raw, GMO Free, USDA Approved

Avoid products labeled with these terms: Potassium Bromate, Maltodextrin, Hydrogenated, Partially Hydrogenated, Carrageenan, Cornstarch, Corn Syrup, & any ingredient you can't pronounce.

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|--|--------------------------------------|---------------------------------|
| <input type="checkbox"/> Almond Flour/Meal | <input type="checkbox"/> Baking Soda | <input type="checkbox"/> Spices |
| <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Vanilla | <input type="checkbox"/> _____ |

Beverages

<input type="checkbox"/> Milk (preferably non-dairy)	<input type="checkbox"/> Coffee <input type="checkbox"/> Tea	<input type="checkbox"/> Club Soda <input type="checkbox"/> Water
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