

Shopping List

Fish

- Sushi
- Wild Salmon
- Tuna
- Shrimp
- Mahi-mahi
- Swordfish
- White Fish
- Cold water fish
- Trout
- Snapper
- Scallops

Meat – Free Range

- Grass Fed Beef
- Turkey
- Chicken Breast
- Turkey Bacon
- Turkey Hot Dogs
- Ground Sirloin
- Elk
- Lamb
- Deer

Dairy

- Plain Greek Yogurt
- Grass Fed Eggs
- Cottage Cheese
- Organic Cheese
- Sour Cream
- Butter

Beans

- Black Beans
- Kidney Beans
- Chickpeas
- Pinto
- Red Beans

Starchy Carbs

- White Potato
- Sweet Potato
- Carrot
- Squash
- Peas

Fibrous Carbs

- Alfalfa
- Artichoke
- Asparagus
- Beets
- Bean Sprouts
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cucumber
- Lettuce
- Onions
- Pepper
- Parsley
- Radishes
- Cauliflower
- Celery
- Cucumber

- Eggplant
- Garlic
- Green Beans
- Kale
- Mushrooms
- String Beans
- Tomato
- Zucchini

Breads + Pastas

- 100% Whole Grain Bread
- Ezekiel Bread
- 100% Whole Grain Pasta

Raw Fruits

- Apple
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Limes
- Mango
- Cranberries
- Apricot
- Orange
- Nectarine
- Pear
- Papaya
- Strawberries

SlimDownSmart

- Raspberries
- Pineapple
- Dates
- Plums
- Watermelon

Nuts & Seeds

- Chia Seeds
- Almond
- Peanut
- Cashews
- Hazelnuts
- Mixed Nuts
- Pecans
- Pumpkin
- Pine
- Walnuts

Nut Butters

- Almond Butter
- Peanut Butter

Healthy Fats

- Coconut Oil
- Extra Virgin Olive Oil
- Avocado
- Krill Oil
- Omega 3 fish oil
- Flaxseed
- Flaxseed Oil
- Olives

Sweeteners

- Honey
- Stevia
- Stevia Plus
- Truvia

Things to Drink

- Water (spring or filtered)
- Fresh fruit or veggie juice
- Coconut milk
- Green tea
- Almond milk

Condiments

- Mustard
- Herbs
- Hot Sauce
- Ketchup (no hfcs)
- Sea salt
- Salsa