

Healthy Grocery Shopping List

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Protein	Complex Carbohydrates	Vegetables	Healthy Fats	Supplements
Chicken Breast Turkey Breast Lean Ground turkey Swordfish Orange Roughy Tilapia Haddock Salmon Cod Tuna Crab Lobster Shrimp Top Round Steak Top Sirloin Steak Flank Steak Lean Ground Beef Bison Lean Ham Egg Whites Trout Low-fat Cottage cheese Wild-game Meat Turkey Bacon Fat-free Yogurt	Potato Sweet Potato Yams Squash Pumpkin Brown Rice Wild Rice Lentils Couscous Whole-wheat Pasta Oatmeal Barley Beans Whole-wheat Bread High-fiber Cereal Whole-wheat tortilla Whole-wheat Pita bread Whole Grains Cream of Wheat	Broccoli Asparagus Lettuce Kale Carrots Cauliflower Green Beans Bell Peppers Mushrooms Spinach Peas Brussels Sprouts Artichoke Cabbage Celery Zucchini Onion Cucumber Tomato	Avocado Sunflower Seeds Pumpkin Seeds Cold-water Fish Natural Nut butter Low-fat Cheese Unsalted Nuts Olives and Olive Oil Safflower Oil Canola Oil Sunflower Oil Flax seed Oil Coconut Oil	Whey Protein Multi-vitamins Flaxseed Oil Fiber Digestive Enzymes
		Fruits	Drinks	Condiments
		Grapefruit Blueberries Strawberries Grapes Melon Lime Lemon Apple Orange Banana Papaya	Water Fat-free Milk Almond Milk Black Coffee Green Tea Black Tea White Tea	Balsamic Vinegar Cracked Pepper Salsa Sofrito Herbs Mustard Hummus Pesto Cinnamon Honey Ginger