**Shopping List**

Grains/cereals

100% whole grain bread, tortillas (small, large)

Brown rice (frozen, microwaveable)

Whole grain pasta/spaghetti

Oatmeal/Cream of wheat

Whole grain rolls/sandwich rolls

Oat cereal (cheerios), low fat granola

Whole grain crackers

Bagels

Starchy Vegetables (\*contains protein)

Corn (fresh, frozen)

Peas (frozen)

Potatoes (white, sweet, purple)

\*Beans (kidney, pinto, black, baked)

Vegetables

Broccoli, cauliflower, green beans, carrots, asparagus, spinach, kale, lettuce, tomato (and more!) fresh or frozen; vegetable soup

Fruit (all)

Bananas

Apples

Oranges

Kiwi

Berries (all), frozen berries

Melons (all)

Pears

Nectarines, peaches, plums

Grapes

Dried fruit (raisins, apricots, mangoes)

Applesauce (squeezable)

Dairy

Low fat/fat free milk

8 or 16 ounce bottles Chocolate milk

Fat free plain Greek yogurt

Low fat/fat free string cheese

Low fat fruit Greek yogurt

Meat

Lean ground beef, turkey

Deli meat (turkey, chicken, beef)

Frozen chicken pieces (ready to heat chicken breast)

Eggs

Fish (salmon)

Canned tuna

Nuts/Butters

Raw almonds (walnuts, peanuts- any)

Peanut butter

Almond butter

Healthy Fats

Extra virgin olive oil

Canola oil

Avocado

Avocado oil

Low fat mayo

Low fat salad dressings

Grass-fed butter (Kerigold)

Chia seeds

Flax meal

Bars/Supplements

Kind bars

Lara bars

Clif bars

Whey protein powder/pea protein poweder

Fig Newtons

Other

Pasta Sauce

Favorite condiments (mustard, low sodium soy sauce), honey, sugar (for workout drink)

Onion, garlic (special ingredients/spices for recipes)

Baked chips/low fat crackers

Dark chocolate chips/cocoa powder

Beverages

100% juice (orange, cranberry, apple)

Homemade sports drink (see recipe)

Bottled water

Sparkling water (flavored, preferably without sugar)

Boost/Boost+

Dessert

Frozen yogurt

Low fat pudding

Fruit sorbet