

# Grocery List

FOR THE ATHLETE IN YOU!

## Fruits & Vegetables

---

- Arugula
- Spinach
- Celery
- Mixed greens
- Asparagus
- Green beans
- Snow peas
- Swiss Chard
- Cucumber
- Broccoli
- Rapini
- Broccolini
- Cauliflower
- Herbs: mint, cilantro, sage, parsley, basil, thyme, rosemary, bay leaves, dill, oregano
- Granny smith apples
- Tomatoes
- Pears
- Blueberries, gooseberries, raspberries, blackberries, strawberries
- Avocado
- Olives

## Meat & Fish

---

- Grass-fed beef
- Wild game
- Wild salmon
- Sardines
- Tuna
- Mackerel
- Wild cod
- Haddock
- Organic chicken (antibiotic free)
- Organic turkey

## Snacks

---

- Almonds
- Macadamia nuts
- Almond butter
- Coconut Flour
- Almond Flour
- Cassava Flour
- 80% or above dark chocolate
- Raw honey (local or manuka)
- Bee pollen
- Pure maple syrup
- Salted pumpkin seeds
- Organic sweet potato chips made with avocado oil
- Organic coconut chips made with avocado oil
- Organic kale chips made with avocado oil

## Fats & Oils

---

- Coconut oil
- Avocado oil
- Olive oil
- Grass-fed butter
- Grass-fed ghee
- Tallow
- Coconut milk

## Beverages

---

- Water
- Sparkling water
- Coconut water
- Raw herbal tea
- Kombucha
- Coffee

**PROTEIN** = FIST FULL (4 - 6 OZ)    **FATS** = THUMB LENGTH + WIDTH    **VEGETABLES** = FIST + HALF (MAJORITY OF THE DISH)  
**FRUITS** = FIST FULL/DAY    **NUTS + SEEDS** = FIST FULL PER DAY