Sally Mae Fitness

# Whole, Real Food Grocery List

This list is intended to be used as a guide for what products to choose when shopping. You do not need to buy all of these items at once, but they are all great options to choose from. The items I have chosen are whole foods and minimally processed. Remember, the fewer ingredients the better!

## Vegetables

- ☑ Kale
- ☑ Broccoli
- ☑ Spinach
- ☑ Romaine lettuce
- ☑ Arugula
- ☑ Swiss Chard
- ☑ Zucchini
- ☑ Cucumbers
- ☑ Peppers
- ☑ Green Beans
- ☑ Carrots
- ☑ Squash
- ☑ Sweet potatoes
- ☑ Onions
- ☑ Garlic
- ☑ Tomatoes

*Remember, many vegetables can be bought frozen. They are still full of nutrients and won't hurt your wallet as much!*

## Fruit

- ☑ Berries
- ☑ Bananas
- ☑ Apples
- ☑ Pears
- ☑ Avocado
- ☑ Oranges
- ☑ Kiwi
- ☑ Grapefruit
- ☑ Lemons

## Herbs and Spice

- ☑ Salt
- ☑ Pepper
- ☑ Chili flakes
- ☑ Cumin
- ☑ Cayenne Pepper
- ☑ Cardamom
- ☑ Cinnamon (Use as a "sweetener" for coffee and tea)
- ☑ Basil
- ☑ Oregano
- ☑ Parsley
- ☑ Thyme

## Condiments

- ☑ Balsamic vinegar (Great for salad dressing)
- ☑ Apple cider vinegar
- ☑ Salsa
- ☑ Hot sauce
- ☑ Soy sauce or tamari

☑ Raw honey
☑ Pure maple syrup
☑ Raw stevia

## Nuts, Seeds and Oils

☑ Almonds
☑ Walnuts
☑ Cashews
☑ Nut butter
☑ Chia seeds (Great addition to smoothies for a protein boost – also full of Omegas)!
☑ Flax seeds
☑ Coconut oil (Fantastic cooking oil - I use it to cook almost everything)!
☑ Pumpkin Seeds
☑ Olive oil (Use in salad dressings)!

## Protein

☑ Eggs
☑ Salmon (High in protein and Omega 3 Fatty Acids)!
☑ White fish
☑ Chicken
☑ Turkey
☑ Beef
☑ Tempeh
☑ Tofu
☑ Lentils
☑ Green peas
☑ Black Beans
☑ Chickpeas

## Whole Grains

- ☑ Whole Grain Bread
- ☑ Quinoa
- ☑ Whole Grain Rice
- ☑ Steel Cut Oats
- ☑ Rolled Oats
- ☑ Whole Grain Pastas
- ☑ Quinoa
- ☑ Couscous

## Dairy

- ☑ Organic Milk
- ☑ Almond Milk (No sugar added)
- ☑ Coconut Milk
- ☑ Plain Greek Yogurt
- ☑ Cheese (I suggest getting blocks of cheese since they are way less processed)

## Liquids

- ☑ Tea
- ☑ Coffee
- ☑ Sparkling Water (No sugar added, I like La Croix)