



# SUGGESTED GROCERY LIST

## FRUITS

apples  
bananas  
berries  
cherries  
grapefruit  
grapes  
lemons  
limes  
melon  
oranges  
peaches  
pears  
pineapple  
watermelon

## NUTS + SEEDS

almonds  
cashews  
flax seeds  
pecans  
sesame seeds  
sunflower seeds  
walnuts

## FRIDGE/FROZEN

eggs  
ghee  
frozen fruit  
unseasoned SP fries  
mixed veggies

## VEGGIES

avacado  
artichoke  
arugula  
asparagus  
bell pepper  
broccoli  
brussels sprouts  
cabbage  
carrots  
cauliflower  
celery  
cucumber  
eggplant  
garlic  
green beans  
greens  
kale  
lettuce  
mushrooms  
onion  
parsnips  
radish  
shallots  
spinach  
sprouts  
squash  
tomatos  
zucchini

## MEAT + DELI

bacon (sugar free)  
chicken  
chicken/apple sausage  
deli meat  
ground beef  
roast  
seafood  
steak  
turkey

## PANTRY SUPPLIES

bay leaves  
broth (sugar free)  
cajun seasoning  
chili powder  
coconut butter  
coconut milk  
coconut oil  
cooking spray  
cumin  
extra virgin olive oil  
fajita seasoning  
garlic powder  
olives  
salt  
pepper  
red pepper flakes  
rosemary  
thyme  
unsweetened coconut flakes