

- o Raspberries
- o Blackberries
- o Strawberries
- o Watermelon
- o Cantaloupe
- o Oranges
- o Tangerine
- o Apple
- o Apricots
- o Grapefruit
- o Cherries
- o Grapes
- o Kiwi
- o Mango
- o Peach
- o Nectarine
- o Pear
- o Pineapple
- o Banana
- o Papaya
- o Figs
- o Honeydew Melon

- o Avocado
- o Almonds - raw
- o Cashews - raw
- o Peanuts - raw
- o Pistachios - raw
- o Pecans - raw
- o Walnuts - raw
- o Hummus
- o Coconut Milk
- o Feta Cheese
- o Goat Cheese
- o Mozzarella
- o Cheddar
- o Provolone
- o Monterey Jack
- o Parmesan

- o Sardines
- o Chicken Breast
- o Turkey Breast
- o Ground Chick Breast
- o Ground Turkey Breast
- o Catfish
- o Tilapia
- o Trout
- o Cod
- o Salmon
- o Halibut
- o Tuna
- o Buffalo
- o Lean Ground Beef
- o Eggs
- o Plain Greek Yogurt 1%
- o Shellfish
- o Clams
- o Extra Lean Beef
- o Tempeh
- o Tofu
- o Pork Tenderloin
- o Turkey Slices
- o Ham Slices
- o Ricotta Cheese
- o Cottage Cheese
- o Veggie Burger
- o Turkey Bacon
- o Protein Powder
- o Shakeology

- o Lemon
 - o Spices
 - o Garlic
 - o Lime
 - o Hot Sauce
 - o Herbs
 - o Ginger
 - o Mustard
 - o Vinegars
 - o Flavor
 - o Extracts
- Free Foods**

- o Sweet Potato
- o Yams
- o Quinoa
- o Beans
- o Lentils
- o Edamame
- o Peas
- o Refried Beans - nonfat
- o Brown Rice
- o Wild Rice
- o Potato
- o Corn on the Cob
- o Oatmeal - Steel Cut
- o Oatmeal - Rolled
- o Bulgur
- o Barley
- o Pasta - gf/whole grain
- o CousCous - whole wheat
- o Crackers - gf/whole grain
- o Bread - GF/whole grain
- o Cereal - GF/whole grain
- o Pita - GF/Whole Wheat
- o Waffles - Whole Grain/GF
- o English Muffin - whole grain
- o Bagel - GF/Whole Grain
- o Tortilla - whole wheat
- o Tortilla - GF/Corn

- o Pumpkin Seeds, raw
- o Sunflower Seeds, raw
- o Sesame Seeds, raw
- o Flaxseed, ground
- o Olives
- o Coconut
- o 21 Day Fix Dressings

healthy grocery SHOPPING LIST

- o Kale
- o Collard Greens
- o Spinach
- o Brussels Sprouts
- o Broccoli
- o Asparagus
- o Beets
- o Tomatoes
- o Squash
- o Winter Squash
- o String Beans
- o Peppers, sweet
- o Carrots
- o Cauliflower
- o Artichokes
- o Eggplant
- o Okra
- o Jicama
- o Snow Pees
- o Cabbage
- o Cucumbers
- o Celery
- o Lettuce (NOT Iceberg)
- o Mushrooms
- o Radishes
- o Onions
- o Sprouts

- o Olive Oil, extra virgin
- o Coconut Oil - extra virgin
- o Flaxseed Oil
- o Walnut Oil
- o Nut Butters - peanut, almond, cashew
- o Seed Butters - pumpkin, sunflower, sesame (tahini)



Real New Year

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