

# GROCERY LIST

# FAST-TRACK fitness

## BREAD, GRAINS AND PASTA

- Oat bran
- Oats (rolled)
- Quinoa
- Rice (brown)
- Rice cakes (brown)
- Tofu shirataki spaghetti noodles
- Wasa Crisp 'n' Light crackers
- Whole-wheat bread

## CANNED AND JARRED GOODS

- Coconut milk (full-fat)
- Jam (sugar-free)
- Tomatoes (crushed)
- Tuna (canned, in water)

## DAIRY

- Butter (unsalted)
- Cottage cheese (nonfat)
- Cream cheese (fat-free)
- Greek yogurt (nonfat, plain)

## FRUIT

- Bananas
- Blackberries (fresh, frozen)
- Blueberries (fresh, frozen)
- Lemons
- Mixed berries (frozen)
- Raspberries (fresh, frozen)
- Strawberries (fresh, frozen)

## HERBS AND SPICES

- Basil (fresh, dried)
- Mrs. Dash (various)
- Oregano

## FISH, MEAT AND POULTRY

- Beef (top sirloin)
- Chicken (breasts)
- Chicken (rotisserie)
- Eggs
- Shrimp (raw)
- Tilapia
- Turkey (ground, extra-lean)
- Turkey bacon (uncured)
- Turkey breast (deli, smoked)

## NUTS, NUT BUTTERS AND SEEDS

- Almonds (raw)
- Almond butter
- Hempseeds
- Peanut butter (unsalted, all-natural)
- Peanut butter powder
- Pistachios
- Sesame seeds
- Sunflower seeds

## OTHER

- Almond milk (vanilla, unsweetened)
- Buffalo ranch salad dressing (light)
- Cacao nibs
- Cocoa powder (unsweetened)
- Coconut flakes (unsweetened)
- Coconut milk (unsweetened)
- Coconut oil (organic, virgin)
- Coconut syrup (sugar-free)
- FlapJacked Protein Pancake and Baking Mix
- Hazelnut syrup (sugar-free)
- Hershey's sugar-free chocolate syrup
- Nutritional yeast
- Olive oil (extra-virgin)
- Silk protein nut milk
- Stevia (regular, vanilla)
- Whey protein powder (vanilla)
- Vegan protein powder

## VEGAN "MEAT" OPTIONS

- Gardein Beefless Ground
- Gardein Black Bean Burger
- Gardein Chick'n Strips
- Gardein Veggie Burger
- Quorn Chick'n Cutlets
- Tempeh
- Tofu (extra-firm)

## VEGETABLES

- Asparagus
- Avocado
- Bell peppers (green, red)
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Green beans
- Green peas
- Kale
- Lettuce (iceberg, romaine)
- Mushrooms (chanterelle, white)
- Onions (yellow)
- Spaghetti squash
- Spinach
- Sweet potatoes
- Tomatoes