



## Weekly Example Grocery List

|   | Week 1   | Week 2  | Week 3   | Week 4  |
|---|--|---|--|---|
| <b>Protein</b>                          | 2 lbs. fish or shellfish<br>1 dozen eggs<br>1 lb. Lunch meat | 2 lbs. Ground beef<br>1 lb. bacon<br>2, 6-oz. cans Tuna                     | 2 lbs. Pork<br>1 Pkg Turkey sausage<br>1 Rotisserie Chicken  | 2 lbs. Chicken<br>1 lb. Pork breakfast sausage<br>1, 8-oz. Pkg salmon |
| <b>Good Fat</b>                         | Nuts<br>Olives   | Nut butters<br>Organic Dairy  | Coconut<br>Olive oil   | Avocados<br>Coconut oil   |
| <b>Healthy Carbs - Fruits + Veggies</b> | Zucchini + squash<br>Peas<br>Berries + cherries<br>Pickles   | Greens + tomatoes<br>Sweet Potato<br>Apples + berries<br>Sun-dried tomatoes | Onions + peppers<br>Potato<br>Peaches + mango<br>Dried fruit | Celery<br>Green beans<br>Kiwi + pear<br>Roasted red peppers           |
| <b>Whole Grains</b>                     | Dense bread<br>Sandwich bread<br>Pita chips                  | Cinnamon raisin bread<br>Pasta<br>Bagel                                     | Rice OR quinoa<br>Orzo OR Risotto<br>Crackers                | Grits OR polenta<br>Hoagie roll<br>English muffin                     |
| <b>Juices + Liquids</b>                 | Coconut water<br>Almond milk                                 | Seltzer water<br>Coconut milk   | 100% Juice (2 oz. with water)                                | Flavored seltzer water (with fruit)                                   |
| <b>Dairy</b>                            | Whole milk   | Cottage cheese  | Sour cream   | Greek yogurt  |
| <b>High-Carb Snacks</b>                 | Animal crackers<br>Fig Newton's                              | Cheerios<br>Whole grain crackers  | Graham crackers<br>Pretzels                                  | Pita chips<br>Ginger cookies  |
| <b>Sweets</b>                           | Dark chocolate<br>60% or above                               | Frozen yogart or organic ice cream  | Nuts + fruit   | Almond cake and strawberries  |



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|                                  | Week 1 | Week 2 | Week 3 | Week 4 |
|----------------------------------|--------|--------|--------|--------|
| Protein                          |        |        |        |        |
| Good Fat                         |        |        |        |        |
| Healthy Carbs - Fruits + Veggies |        |        |        |        |
| Whole Grains                     |        |        |        |        |
| Juices + Liquids                 |        |        |        |        |
| Dairy                            |        |        |        |        |
| High-Carb Snacks                 |        |        |        |        |
| Sweets                           |        |        |        |        |