

Shopping List



innovative results

FITNESS | STRENGTH | NUTRITION

MEATS

Organic/free range
Chicken breast
Turkey breast
Lean ground turkey
Seafood/fish
Grass fed beef
Buffalo
Eggs
Wild-game meat
Cornish Game Hen
Boca Burger
Lamb
Veal

VEGETABLES

Organic grown
Alfalfa sprouts
Artichoke hearts
Asparagus
Broccoli
Bean Sprouts
Bell peppers
Bok Choy
Cabbage
Capers
Cauliflower
Celery
Cucumbers
Eggplant
Fennel
Green beans
Jicama
Lentils
Mushrooms
Onions
Radish
Romaine Lettuce
Snow peas
Spinach
Squash
Sun Dried Tomatoes
Tomatoes
Zucchini

FRUITS

Organic grown
Apple
Orange
Blackberries
Blueberries
Cantaloupe
Cherries
Grapefruit
Grapes
Honey Dew
Kiwi
Mango
Nectarine
Papaya
Peaches
Pear
Pineapple
Plum
Raspberries
Strawberries
Tangerine
Watermelon

FATS

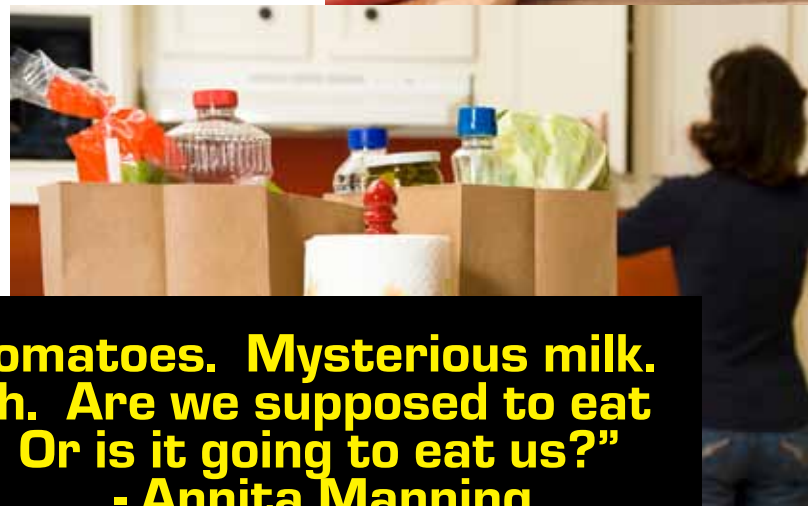
almonds
sunflower seeds
pumpkin
walnuts
pecans
organic peanut butter
organic almond butter
extra virgin olive oil
coconut oil (cooking)
flax seed oil
avocado

STARCHES

bulk rolled oats
ezekial bread
ezekial tortillas
long grain brown rice
whole wheat pasta
sweet potatoes
red potatoes
beans

EXTRAS

cooking wine
garlic
balsamic vinegar
apple cider vinegar
cookign spray
pesto
green tea
herbs
spicy peppers
sea salt
peanut satay sauce
curry sauce
tomato pasta sauce
raspberry vinegar
red wine vinegar
red wine vinegarett
kal brand stevia
cinnamon



**“High-tech tomatoes. Mysterious milk. Supersquash. Are we supposed to eat this stuff? Or is it going to eat us?”
- Annita Manning**