



Strong Kitchen Grocery List

For Meals:

PROTEINS

Lean red meat
Salmon
Eggs and Egg Whites
Protein Powders
Chicken Breast or boneless/skinless thighs
Ground chicken or turkey
Turkey Breast
Canned Tuna
Ground Lean Beef or Bison
Pork Loin

STARCHY CARBOHYDRATES

Mixed beans
Quinoa
Oats
Sweet/white Potatoes
Lentils
Bananas
Pineapples and tropical Fruit
One Whole low-carb wrap
Whole grain or Ezekiel bread

VEGETABLES

Tomatoes
Cruciferous vegetables (broccoli, cabbage, cauliflower)
Root Vegetables – Squash, carrots, parsnips, turnips etc.
Cucumbers
Green Beans
Zucchini
Beets
All greens – spinach, kale, collards etc.
Eggplant
Peppers

HEALTHY FATS

Raw, unsalted mixed nuts
Avocados
Grass fed butter
Extra virgin olive or coconut oil
Flax, chia or hemp seeds
Low-fat cheese

Snacks:

PROTEINS

Low Fat Greek Yogurt, Cottage Cheese
String Cheese
Protein Shake
Beef or Turkey Jerky
Mini portion of lean protein

FRUIT

Apples and Pears
Berries
Oranges and Grapefruit

CRUNCHY VEGGIES

Carrot sticks or baby carrot
Celery
Bell pepper strips
Zucchini
Grape or cherry tomatoes
Cucumbers
Roasted veggie sticks like carrots, parsnips, squash etc.

*A small amount of hummus or baba ganoush is ok with these (2 tbsp)