



ON THE FLY

# GROCERY SHOPPING MADE EASY

planning is the key to success

	<u>M</u>	<u>T</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>S</u>	<u>S</u>
<b>BREAKFAST</b>	_____	_____	_____	_____	_____	_____	_____
<b>LUNCH</b>	_____	_____	_____	_____	_____	_____	_____
<b>DINNER</b>	_____	_____	_____	_____	_____	_____	_____

1. Buy in Bulk. Stock up on your non perishables including: frozen foods, oils, seasonings, nuts, beans and grains.
2. Shop for your proteins, fresh fruits and veggies for the week based on your meal plan above.
3. Use the checklist below.

PROTEIN	VEGGIES	CARBS	FATS	SEASONING
<input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> White fish (not tilapia) <input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Shrimp <input type="checkbox"/> Lobster <input type="checkbox"/> Scallops <input type="checkbox"/> Lean steak (filet, flank) <input type="checkbox"/> Buffalo <input type="checkbox"/> Grassfed ground beef (90% preferred) <input type="checkbox"/> Lean pork tenderloins <input type="checkbox"/> Eggs <input type="checkbox"/> Trader Joes Turkey meatballs (frozen) <input type="checkbox"/> Turkey sausage <input type="checkbox"/> Pepperonis <input type="checkbox"/> Trader Joe's tuna lime or chicken lime burgers (frozen) <input type="checkbox"/> Whole foods Tuna Lime Salad	<input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Summer squash <input type="checkbox"/> Zucchini <input type="checkbox"/> Eggplant <input type="checkbox"/> Brussel sprouts <input type="checkbox"/> Kale <input type="checkbox"/> Spinach <input type="checkbox"/> Arugula <input type="checkbox"/> Swiss chard <input type="checkbox"/> Spaghetti squash <input type="checkbox"/> Watercress <input type="checkbox"/> Mushrooms <input type="checkbox"/> Peppers <input type="checkbox"/> Celery <input type="checkbox"/> Cucumbers <input type="checkbox"/> Green beans <b>High Glycemic Veggies:</b> <input type="checkbox"/> Corn <input type="checkbox"/> Carrots <input type="checkbox"/> Beets <input type="checkbox"/> Peas <input type="checkbox"/> Fresh zucchini noodles (or Trader Joe's frozen) <input type="checkbox"/> Trader Joe's cruciferous crunch (bagged salad mix) <input type="checkbox"/> Trader Joe's cauliflower mash (frozen) <input type="checkbox"/> Trader Joe's riced cauliflower (frozen)	<input type="checkbox"/> Oatmeal <input type="checkbox"/> Millet <input type="checkbox"/> Quinoa <input type="checkbox"/> Sweet potato <input type="checkbox"/> Baked potato <input type="checkbox"/> Brown rice <input type="checkbox"/> Brown rice pasta <input type="checkbox"/> Brown rice couscous <input type="checkbox"/> Quinoa pasta <input type="checkbox"/> Bean pasta <input type="checkbox"/> Butternut squash <input type="checkbox"/> Acorn squash (high glycemic vegetables) <input type="checkbox"/> <b>Flours:</b> Coconut Chickpea Brown Rice Millet <input type="checkbox"/> <b>Gluten Free Breads</b> Ezekiel Bread Kodiak Cakes or Birch Benders protein whole grain pancake/flapjack mix <input type="checkbox"/> Gluten free oats <input type="checkbox"/> Trader Joe's veggie fried rice (frozen)	<input type="checkbox"/> Avocado <b>Oils:</b> <input type="checkbox"/> Avocado <input type="checkbox"/> Walnut <input type="checkbox"/> Olive <input type="checkbox"/> Coconut <input type="checkbox"/> Sunflower <input type="checkbox"/> Flax <b>Nuts and seeds:</b> <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Flax seeds <input type="checkbox"/> Chia seeds <input type="checkbox"/> Hemp seeds <input type="checkbox"/> Almonds <input type="checkbox"/> Walnuts <input type="checkbox"/> Pecans <b>Butters:</b> <input type="checkbox"/> Ghee <input type="checkbox"/> Coconut butter <input type="checkbox"/> Almond butter <input type="checkbox"/> Sun-butter <input type="checkbox"/> Pecan butter	<input type="checkbox"/> Everything But The Bagel <input type="checkbox"/> Trader Joe's Chili lime <input type="checkbox"/> Red pepper flakes <input type="checkbox"/> Chipotle chili powder <input type="checkbox"/> Coconut Aminos <input type="checkbox"/> Reduced Fat Mayo (Primal Kitchen) <input type="checkbox"/> Avocado mayo <input type="checkbox"/> Minced garlic <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Stevia <input type="checkbox"/> Primal Kitchen SF: Ketchup, barbeque
				DAIRY/CHEESE
				<input type="checkbox"/> Almond or coconut milk <input type="checkbox"/> Parmesan <input type="checkbox"/> Mozzarella <input type="checkbox"/> Yogurt <input type="checkbox"/> Cottage cheese