



≡ON THE FLY

GROCERY LIST

PROTEIN

Chicken breast

Ground turkey breast

Turkey breast

White fish (not tilapia)

Tuna

Canned tuna/salmon

Shrimp
Lobster
Scallops

Lean steak (filet, flank)

Buffalo

Grassfed ground beef (90% preferred)

Ground buffalo

Lean pork tenderloins

Egg whites

Trader Joes Turkey meatballs (frozen)

Turkey sausage

Turkey

Pepperonis

Trader Joe's tuna lime or chicken lime burgers (frozen)

Whole foods Tuna Lime Salad

VEGGIES

Asparagus

Broccoli

Cauliflower

Summer squash

Zucchini

Eggplant

Brussel sprouts

Kale

Spinach

Arugula

Swiss chard

Spaghetti squash

Watercress

Mushrooms

Peppers

Celery

Cucumbers

Green beans

High Glycemic Veggies:

Corn

Carrots

Beets

Peas

Fresh zucchini noodles (or Trader Joe's frozen)

Trader Joe's cruciferous crunch (bagged salad mix)

Trader Joe's cauliflower mash (frozen)

Trader Joe's riced cauliflower (frozen)

CARBS

Oatmeal

Millet

Quinoa

Quinoa flakes

Sweet potato

Baked potato

Brown rice

Brown rice pasta

Brown rice couscous

Quinoa pasta

Bean pasta

Beans:

Garbanzo

Black

Kidney

Cannellini

Butternut squash

Acorn squash (high glycemic vegetables)

Flours:

Coconut

Chickpea

Brown Rice

Millet

Gluten Free breads

Ezekiel Bread

Kodiak Cakes or Birch Benders protein whole grain pancake/flapjack mix

Gluten free oats

Trader Joe's veggie fried rice (frozen)

Fruits:

Watermelon

Kiwi

Mango

Bananas

Grapes

Pineapple

Strawberries

Blackberries

Blueberries

Apples

Oranges

Peaches

Nectarines

Berries = lower sugar

Bananas = highest

Gluten Free Crackers:

Mary's gone crackers

Nut thins

FATS

Avocado

Oils:

Avocado

Walnut

Olive

Coconut

Sunflower

Flax

Nuts and seeds:

Pumpkin seeds

Sesame seeds

Flax seeds

Chia seeds

Hemp seeds

Almonds

Walnuts

Pecans

Butters:

Ghee

Coconut butter

Almond butter

Sun-butter

Pecan butter

SEASONING

Everything But The Bagel

Trader Joe's Chili lime

Red pepper flakes

Chipotle chili powder

Coconut Aminios

Reduced Fat Mayo (Primal Kitchen)

Avocado mayo

Minced garlic

Lemons

Limes

Stevia

Primal Kitchen SF: Ketchup, barbeque

DAIRY/CHEESE

Almond or coconut milk

Parmesan

Mozzarella

Yogurt

Cottage cheese