



≡ ON THE FLY

GROCERY LIST

| PROTEIN | CARBS | VEGGIES | FATS | SEASONING | |
|---|---|--|--|---|-----------------------------------|
| Chicken breast | Oatmeal | Fruits: Watermelon Kiwi Mango Bananas Grapes Pineapple Strawberries Blackberries Blueberries Apples Oranges Peaches Nectarines | Asparagus | Avocado | Everything But The Bagel |
| Ground turkey breast | Millet | | Broccoli | Oils: Avocado Walnut Olive Coconut Sunflower Flax | Trader Joe's Chili lime |
| Turkey breast | Quinoa | | Cauliflower | | Red pepper flakes |
| White fish (not tilapia) | Quinoa flakes | | Summer squash | | Chipotle chili powder |
| | Sweet potato | | Zucchini | | Vermont Sugar Free Syrup |
| | Baked potato | | Eggplant | Nuts and seeds: Pumpkin seeds Sesame seeds Flax seeds Chia seeds Hemp seeds | Coconut Aminios |
| Tuna | Brown rice | | Brussel sprouts | | Reduced Fat Mayo (Primal Kitchen) |
| | Brown rice pasta | | Kale | | Local honey |
| Canned tuna/salmon | Brown rice couscous | | Spinach | Almonds | Minced garlic |
| | Quinoa pasta | | Arugula | Walnuts | Lemons |
| Shrimp Lobster Scallops | Bean pasta | | Swiss chard | Pecans | Limes |
| | Beans: Garbanzo Black Kidney Cannellini | | Watercress | Cashews | |
| Lean steak (filet, flank) | | | Mushrooms | Butters: Ghee Coconut butter Almond butter Sun-butter Cashew butter | |
| Buffalo | Butternut squash | | Celery | | DAIRY/CHEESE |
| | Acorn squash (high glycemic vegetables) | | Cucumbers | | Almond or coconut milk |
| Ground buffalo | | | Green beans | | Parmesan |
| Lean pork tenderloins | Flours: Coconut Chickpea Brown Rice Millet | High glycemic veggies: Corn Carrots Beets Peas | | | Mozzarella |
| Egg whites | | | Fresh zucchini noodles | | |
| Trader Joes Turkey meatballs (frozen) | Gluten Free breads Ezekiel Bread | | Trader Joe's cruciferous crunch (bagged salad mix) | | |
| turkey sausage turkey | Kodiak Cakes or Birch Benders protein whole grain pancake/-flapjack mix | | Trader Joe's cauliflower mash (frozen) | | |
| Pepperonis | | | | | |
| Trader Joe's tuna Lime burgers (frozen) | Gluten free oats | | | | |
| Whole foods Tuna Lime Salad | Trader Joe's veggie fried rice (frozen) | | | | |