CHMFit Grocery Essentials

Make sure to buy in the perimeter of the supermarket and avoid processed foods in the inside aisles

Protein

Choose Lean Protein Sources Most of the time

- [ ] **Chicken Breasts**
- [ ] **Lean Ground Chicken**
- [ ] **Ground Turkey Breast**
- [ ] **Lean Ground Turkey**
- [ ] **Lean Ground Beef**
- [ ] **Egg Whites**
- [ ] **Pork Tenderloin**
- [ ] **Mahi**
- [ ] **Shrimp**
- [ ] **Tuna**
- [ ] **Cod**
- [ ] **Sardines**
- [ ] **Whey, Collagen, and Vegan Protein Supplements**
- [ ] **Fat-Free Greek Yogurt or Full Fat Greek Yogurt**
- [ ] **Cottage Cheese**
- [ ] **Milk**
- [ ] **Eggs**

Quality Carbs

- [ ] **Sprouted Grain Breads**
- [ ] **Whole Grain Pastas**
- [ ] **Barley**
- [ ] **Brown Rice**
- [ ] **Quinoa**
- [ ] **Oatmeal**
- [ ] **Sweet Potatoes**
- [ ] **Potatoes**
- [ ] **Beans**
- [ ] **Chickpeas**
- [ ] **Edamame**
- [ ] **Lentils**

Healthy Fats

- [ ] **Fatty Fish (Salmon)**
- [ ] **Extra Virgin Olive Oil**
- [ ] **Nuts**
- [ ] **Seeds**
- [ ] **Avocado and Avocado Oil**
- [ ] **Natural Nut Butter**
- [ ] **Hummus**
- [ ] **Dark Chocolate 80% or above**

Veggies

- [ ] **Peppers**
- [ ] **Cucumbers**
- [ ] **Tomato**
- [ ] **Cabbage**
- [ ] **Egg Plant**
- [ ] **Beets**
- [ ] **Peas**
- [ ] **Sprouts**
- [ ] **Carrots**
- [ ] **Squash**
- [ ] **Celery**
- [ ] **Lettuce**
- [ ] **Spinach**
- [ ] **Onion**
- [ ] **Cauliflower**
- [ ] **Broccoli**
- [ ] **Zucchini**
- [ ] **Radishes**
- [ ] **Coleslaw**
- [ ] **Kale**
- [ ] **Mushrooms**

Fruits

- [ ] **Apple**
- [ ] **Pear**
- [ ] **Orange**
- [ ] **Raspberries**
- [ ] **Strawberries**
- [ ] **Blueberries**

- [ ] **Blackberries**
- [ ] **Grapefruit**
- [ ] **Pineapple**
- [ ] **Kiwi**
- [ ] **Grapes**
- [ ] **Mango**
- [ ] **Cherries**
- [ ] **Banana**
- [ ] **Dragon Fruit**

Extras

- [ ] **Clean Ingredient Granolas (Julian Bakery, Purely Elizabeth, etc.)**
- [ ] **Peanut Butter Powder**
- [ ] **Sriracha Sauce**
- [ ] **Hot Sauce**
- [ ] **Balsamic Vinegar**
- [ ] **Raw Honey**
- [ ] **Pure Maple Syrup**
- [ ] **All natural Salsa**