

Choosing Balance's Grocery List

FOR ONE

PROTEIN SOURCE

*I choose two of these + eggs

Salmon -wild caught
Chicken -no added hormones
Shrimp
Ground Turkey
Grass Fed Beef
Eggs
Chickpeas

DRINKS

Sparkling Water
Unsweetened Almond Milk
Organic Kefir (I like Lifeway)
1-2 Kombuchas
Organic Coffee Grounds
Herbal Tea- as needed
Four Sigmatic Drinks- as needed

FRUITS

*I choose 4 of these

4-5 Apples
4-5 Bananas
Strawberries
Blueberries
Blackberries
Watermelon -seasonal
Kiwi -seasonal
Grapes

VEGETABLES

2 bags of Broccoli
2 bags of Brussel Sprouts
Bag of Sweet Potatoes
2-3 Peppers
1-2 Onions
Squash -seasonal
3-4 Bags of Greens
4-5 Avocados
Grape Tomatoes

SNACKS

*I choose 3- 4 of these

Organic Popcorn
Plain Greek Yogurt
Gluten Free Pretzels
Bone Broth
Protein Bars - Rx Bars, Rise Bars,
Perfect Bars, Nuttzo Bars, Orgain
Organic Cookie/Brownie Mix
Siete Foods Chips + Tortillas

MISC./AS NEEDED

Organic nut butter
Avocado oil
Nuts
Coconut Oil Spray
Seasonings
Flour- Almond or Coconut
Apple Cider Vinegar W/ The Mother
Ghee
Sourdough Bread
Mikey's Paleo Bread

These are just my main items I buy- I buy other random products as well
but these are my staples!