

THE *grocery shopping list* WORKOUT MAMA

VEGGIES

- AVOCADOS
- BEETS
- BRUSSEL SPROUTS
- CARROTS
- CELERY
- CUCUMBERS
- GREEN BEANS
- KALE
- MUSHROOMS
- ONIONS
- ROMAINE LETTUCE
- SPINACH
- SWEET POTATO
- TOMATOES

FRUITS

- APPLES
- BANANAS
- BLUEBERRIES
- GOJI BERRIES
- MEDJOOI DATES
- LEMONS
- ORANGES

GRAINS

- OATMEAL (STEEL CUT, ROLLED)
- EZEKIEL BREAD
- QUINOA
- SPELT OR BROWN RICE TORTILLAS

PROTEIN

- EGGS (FARM FRESH)
- LENTILS
- BEANS

NUTS & SEEDS

- CHIA SEED
- HEMP SEED
- FLAX SEED
- ALMONDS
- WALNUTS
- PISTACHIOS
- PEANUT BUTTER (NO SUGAR OR SOY ADDED)

OILS

- COCONUT
- GRAPSEED
- OLIVE

SPICES & HERBS

- BASIL (FRESH)
- BAY LEAF
- BLACK PEPPER
- CAYENNE
- CHILI POWDER
- CINNAMON
- CUMIN
- GARLIC (FRESH)
- GINGER (FRESH)
- TURMERIC (FRESH)

BAKING

- GLUTEN FREE FLOUR
- WHOLE WHEAT FLOUR
- AGAVE SYRUP
- CACAO POWDER
- BAKING POWDER

CONDIMENTS

- APPLE CIDER VINEGAR
- BALSAMIC VINEGAR
- HUMMUS
- GUACAMOLE
- SALSA
- TAMARI SAUCE

SUPPLEMENTS

- SPIRULINA
- MULTI VITAMIN
- FISH OIL
- SUNWARRIOR PROTEIN

DRINKS

- WATER
- CHINA MIST ICED TEA
- CARBONATED WATER
- KOMBUCHA
- UNSWEETENED VANILLA ALMOND MILK