

Hope & Faith Fitness Grocery List

A few key things to remember when shopping; Organic, grass fed, Non-GMO, sustainably raised is best but do as your budget allows & don't stress over it. Refer to the Nutrition Tips page when in doubt.

Fresh Fruits (in season)

- Berries
- Bananas
- Melons
- Apples
- Mangoes
- Grapes
- Pineapple
- Oranges
- Avocado
- Other

Dairy

- Eggs
- Liquid Egg Whites
- Kerrygold grass-fed butter
- Plain Greek Yogurt or Kefir
- Mozzarella Cheese
- String Cheese

Meat & Fish

- Lean Ground Turkey
- Boneless/skinless chicken breast
- Lean cuts of beef & bison (grass fed)
- Cod, Swai, Salmon, Shrimp, Tuna
- Applegate Farms (or similar brand)
 - Lunch Meat
 - Corn Dogs, Nuggets

Fresh Veggies (in season)

- Celery
- Broccoli, Cauliflower
- Asparagus
- Carrots
- Cucumbers
- Squash's
- Lettuce (kale, spinach, butter, romaine)
- Bell Peppers, Onions
- Sweet Potatoes
- Sugar Snap Peas
- Other

Packaged Items

- Quinoa, lentils, beans
- Old Fashioned or Steel Cut Oats
- Unsweetened Applesauce
- Organic popcorn kernels
- Whole Grain bread (Dave's Killer bread or Ezekiel)
- All Natural Nut Butter
- PB2 (powdered PB)
- Almond or Cashew Milk

Packaged Snacks

- Hummus
- Pita Chips, Pretzels, Veggie Chips
- Natural Beef Jerky
- Larabar, RX bar, No Cow bar
- Skinny Pop Popcorn

