

# GROCERY LIST

MACRO-FRIENDLY | ANTI-AGING

## PROTEIN

- CHICKEN BREAST
- TURKEY BREAST
- WILD SALMON
- SMOKED SALMON
- CANNED TUNA IN WATER
- WHITE FISH
- WILD SHRIMP
- PASTURE RAISED EGGS
- EGG WHITES
- GRASS FED BEEF
- BISON
- GREEK YOGURT
- COTTAGE CHEESE
- RICOTTA
- CLEAN PROTEIN POWDER
- COLLAGEN PEPTIDES

## FATS

- AVOCADO
- OLIVE OIL
- AVOCADO OIL
- COCONUT OIL
- OLIVES
- RAW PARMESAN CHEESE
- GRASS-FED BUTTER
- HUMMUS
- NUT BUTTER
- NUTS
- PUMPKIN SEEDS
- DARK CHOCOLATE

## CARBS (STARCH)

- ORGANIC OATS
- SWEET POTATO
- REGULAR POTATO
- BEANS
- RICE
- RICE CAKES
- QUINOA
- EZEKIEL BREAD
- SOURDOUGH BREAD
- BROWN RICE PASTA
- PLAIN POPCORN

## CARBS (FRUIT/VEG)

- BERRIES
- POMEGRANATE SEEDS
- ALL FRESH FRUIT
- NO SUGAR ADDED DRIED FRUIT
- ALL VEGETABLES
- LEAFY GREENS
- SALAD MIX

## ETC

- KIMCHI
- SAUERKRAUT
- DILL PICKLES
- TEA
- COFFEE
- SPARKLING WATER
- HONEY
- ORGANIC MAPLE SYRUP