



# The #TotalFit Challenge Grocery List

*Pick up these ingredients and you'll eat healthy all the time*

## Protein

- Egg Whites
- Whole Eggs
- Chicken Breast
- Turkey loin
- Lean 93% or 99% fat free Ground Turkey
- Ground Chicken breast
- Lean Ground Beef
- Salmon
- White Fish (Cod, Tilapia, Mahi Mahi, etc.)

## Complex Carbohydrates

- Oatmeal ('Old Fashioned' or 'Steel Cut')
- Quinoa
- Millet
- Brown Rice Pasta
- Sweet Potatoes
- Yams
- Beans (kidney, garbanzo, black beans)
- Brown Rice
- Potatoes



## Fibrous Carbohydrates, Fruits and Vegetables

- Green Leafy Lettuce
- Broccoli
- Asparagus
- Green Beans
- Spinach
- Bell Peppers
- Tomatoes
- Squash
- Zucchini
- Cauliflower
- Celery
- Mushrooms
- Cabbage
- Cucumber
- Onions
- Garlic
- Berries
- Apples
- Melon
- Watermelon
- Lemons and Limes
- Oranges
- Grapefruit
- Grapes (consume moderation)

## Complex Carbohydrates

- Olive Oil
- Coconut Oil
- Avocado or Avocado oil
- Nuts (almonds are best)
- Natural Nut Butters
- Coconut Butter
- Flax Seeds or Flax Oil

## Condiments

- Can't Believe it's not Butter
- No sodium added spices/seasons or Mrs. Dash
- Sugar free BBQ
- Soy sauce (low-sodium)
- Sauerkraut
- Apple cider, red wine, white and rice vinegar
- Balsamic or raspberry vinaigrette
- Bragg amino acids
- Tomato sauce
- Fresh salsa or pico de gallo
- Chili paste
- Tomato paste
- Herb paste (e.g. ginger, garlic, cilantro)
- Mustard (yellow or Dijon – no added sugar)
- Beef, vegetable or chicken broth (low sodium fat free)