

FitLife TV Grocery List

Produce

1. Spinach
2. Celery
3. Beets
4. Carrots
5. Collard Greens
6. Ginger
7. Broccoli
8. Cabbage
9. Lemons
10. Apple
11. Lettuce
12. Kale
13. Chard
14. Asparagus
15. Fresh Herbs
16. Fungii-Mushrooms

Protein

1. Eggs
2. Chicken Breasts/Thighs
3. Yogurt (Greek/Sheep)
4. Fish-Cod/Salmon
5. Steak-Top Sirloin
6. Whey Protein

Oils/Fats

1. Extra Virgin Olive Oil
2. Butter-Non Salted, Organic
3. Ghee (Clarified Butter)
4. Extra Virgin Coconut Oil
5. Walnuts-Raw
6. Almonds-Raw
7. Brazil Nuts-Raw
8. Almond/Peanut Butter-Raw/Non Salte

Carbohydrates

1. Steel Cut Oats
2. Quinoa

Spices/Goodies

1. Cinnamon
2. Cayenne Pepper
3. Sriracha
4. Psyllium Husk
5. Himalayan Pink Salt

Supplements

1. Probiotics
2. Vitamin D3
3. Psyllium Husk
4. Multi-Vitamin (food based)
5. Calcium/Magnesium
6. Policosanol
7. ZMA
8. Green Tea Extract (Decaf)