



GROCERY LIST

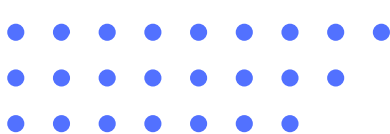
Hey there, fantastic foodie friends! We are your partners in culinary crime, and we're thrilled to embark on a delicious journey packed with healthy choices with you. 🍏🍷

We know that grocery shopping can sometimes feel like an Olympic sport. Racing against the clock, deciphering labels, and trying to keep everyone in the family happy with wholesome meals can be a real challenge. But fear not, because we've got your back!

As you dive into this chapter of your health journey with GLP-1 please know that your daily protein intake is essential to keeping a healthy and balanced body.

In this exclusive guide, we're spilling the beans (and a whole lot more) on an ideal grocery list. 🌱🥑 We've curated a selection of delicious, family-friendly, and oh-so-healthy items that'll turn your shopping trips into a culinary adventure to support your GLP-1 weight loss journey!





MEAT & SEAFOOD

- Wild Salmon
- Ground Beef & Turkey- 80/20 grass fed organic
- Chicken - organic free range
- Eggs - organic pasture raised
- Steak (sirloin/filet) - organic non GMO grass fed
- Canned Tuna
- Shrimp
- Cod/Tialpia

FRUIT & VEGETABLES

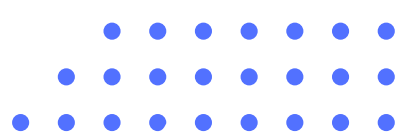
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|-----------------------|--------------------|
| • Bananas | • Cauliflower Rice |
| • Strawberries | • Broccoli/Kale |
| • Blueberries | • Peas |
| • Frozen Wild Berries | • Asparagus |
| • Peaches | • Edamame |
| • Mangos | • Spaghetti Squash |
| • Lemons/Limes | • Regular Squash |
| | • Carrots/Cabbage |
| | • Celery |

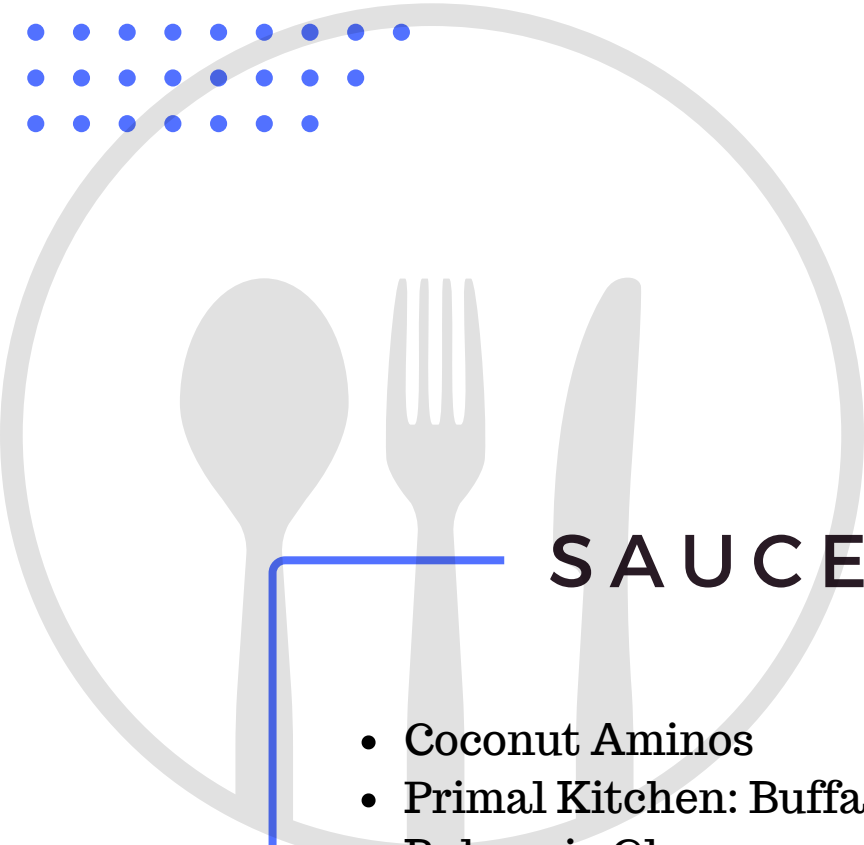
COMPLEX CARBS

- Quinoa
- Brown Rice
- Steel Cut Oats
- Chickpeas
- Black Beans
- Kidney Beans
- Pinto Beans
- Sweet Potato
- Red Potato

SNACKS/TREATS

- | | |
|---------------------------------------|-------------------------|
| • Low Fat Cottage Cheese | • Hard Boiled Eggs |
| • Low Sugar High Protein | • String Cheese |
| Free Granola (kind, purely elizabeth) | • Cheese and Crackers |
| • Low Fat Greek Yogurt | • Beef/Turkey Jerky |
| • Low Sugar Granola Bars | • Hummus |
| (Optavia, Madegood (GF), | • Pickles |
| Luna (gf), Rx (gf) | • Almonds/Pumpkin Seeds |





SAUCES/SPICES/FATS

- Coconut Aminos
- Primal Kitchen: Buffalo, BBQ
- Balsamic Glaze
- Pure Olive Oil
- Celtic Salt
- Garlic Cloves
- Everything But The Bagel
- Almonds, Pumpkin Seeds, Brazil Nuts
- Coconut Oil
- Avocado
- Pure Organic Honey
- Grass Fed Organic Butter
- Almond or Nut Butter
- Raos Marinara

PROTEIN HACKS

- Banza Pasta
- Protein Shakes
- Kodiak Protein Pancakes
- Chicken Breast
- Greek Yogurt with Protein Shake mix
- Bone Broth
- Cottage Cheese
- Egg Whites
- Hard Boiled Eggs

FAVORITE STORES

WHOLE FOODS
ALDI
TRADER JOES
COTSCO
THRIVE MARKET

Notes:

- try and purchase all 100% organic non GMO when you can.
- try not to exceed 8 grams of sugar for any product that isn't pure fruit
- try to eat mostly single ingredient foods for your main meals
- Focus on small, frequent meals to avoid feeling overly full.
- Choose snacks that combine protein with healthy fats or fiber for satiety.
- Avoid processed or sugary options that can counteract your health goals.

