

GENERAL GROCERY LIST

These are the basic things that you'll need to get started and/or things you'll need every week. Make sure you're checking your stock of these staples and that you always have them on hand.

Fresh, Canned or Frozen Proteins:

- Greek yogurt
- eggs (lots)
- ground turkey breast
- ground beef
- boneless skinless chicken breasts
- tinned tuna
- salmon fillets
- Vegetarian Proteins: TVP, tempeh, and tofu

Fresh Produce:

- Leafy greens (spinach or mixed greens - remember to buy in a pre-washed easy container)
- iceberg lettuce
- Avocados
- Onions and green onions
- Mushrooms
- Tomatoes
- bell peppers
- Cucumbers
- celery and carrots for snacks,
- Bananas
- Apples
- Lemons
- fresh fruit of choice

Frozen produce:

- Frozen veggies (carrots, green beans, broccoli)
- frozen fruits for smoothies and yogurt bowls

Fats:

- Milk of choice - Cow, almond, soy, etc.
- grated parmesan cheese
- Nuts & Seeds - Walnuts, almonds, pecans, cashews, natural peanut or almond butter, pitted dates, tahini, pine nuts (for pesto)
- Oils: Extra Virgin Olive Oil (EVOO), coconut oil and butter

Fresh herbs:

- Parsley
- Basil
- mint (if desired for tabouli)

Spices:

- oregano
- Basil
- curry powder
- Turmeric
- mustard seeds
- Garlic
- Coriander
- Cinnamon
- Cumin
- Ginger
- Rosemary
- Dried parsley
- Paprika
- Turmeric
- Thyme
- Clove
- coarse salt
- Black pepper
- anything else your heart desires

RDA *Derby* FUEL

Pantry:

- Rolled oats
- oat bran or wheat bran
- flax seeds (ground and whole)
- Quinoa
- brown rice
- Lentils
- Chickpeas (canned or not)
- Beans (canned or not)
- Vanilla extract
- cocoa or cacao powder
- coconut sugar

Sauces:

- Salsa
- Soy sauce
- white cooking wine
- BBQ Sauce (look for low added sugar)
- Mayonnaise (look for real and natural)
- mustard (dijon or brown)
- Vinaigrette dressing

Beverages:

- Green tea, black tea and herbal teas (ideally plain)
- Coffee (as plain as you can take it)
- plain carbonated water

Supplements:

- Protein powder of choice