

# FIT BODY BOOT CAMP

## Food / Shopping List

*For optimal results, enjoy the foods on this list, which also doubles as a shopping list.*

### PROTEIN

- Beef (Chuck)
- Beef (Chuck Roast)
- Beef (Flank)
- Beef (Other)
- Catfish
- Chicken (Breast/Thigh)
- Chicken (Ground)
- Chicken (Sausage)
- Chicken (Whole)
- Deli Meat
- Eggs
- Egg Whites
- Halibut
- Ham
- Lamb (Ground)
- Lamb (Shanks)
- Pork (Bacon)
- Pork (Ground)
- Pork (Loin)
- Pork (Sausage)
- Pork (Shoulder)
- Protein Powder
- Salmon
- Scallops
- Seafood (Other)
- Shrimp
- Tofu
- Tuna (Albacore)
- Turkey (Ground)
- Turkey (Other)
- Turkey (Whole)
- Whitefish

### VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Bean Sprouts
- Bell Peppers (All)
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Butter Lettuce
- Cabbage (All)
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Delicata Squash
- Eggplant
- Endive
- Fennel (Anise)
- Fennel Bulb
- Frisée (Curly Endive)
- Green Beans
- Green Chile (Hatch)
- Greens (Beet, Mustard, Turnip)
- Jalapeño/Hot Peppers (All)
- Kale
- Leeks
- Lettuce (All)
- Mushrooms (All)
- Okra
- Olives
- Onion (All)
- Radish
- Rhubarb
- Scallions
- Shallots
- Snow Peas
- Spinach
- Sprouts
- Sugar Snap Peas
- Swiss Chard
- Tomato (All)
- Zucchini

### COMPLEX CARBS

- Acorn Squash
- Beets
- Black Beans
- Butter Beans
- Buttercup Squash
- Butternut Squash
- Carrots
- Chickpeas (Garbanzo)
- Granola
- Kabocha Squash
- Kidney Beans
- Lentils (All)
- Oats (Old Fashioned)
- Onion
- Parsnips
- Potatoes (All)
- Pumpkin
- Quinoa (All)
- Rutabaga
- Spaghetti Squash
- Summer Squash
- Sweet Potato/Yams
- Turnip

## FRUIT

- Apples (All)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes (All)
- Jicama
- Kiwi
- Lemon
- Lime
- Mango
- Melon (All)
- Nectarines
- Oranges (All)
- Papaya
- Peaches
- Pears (All)
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## FATS

### COOKING FATS

- Clarified Butter
- Coconut Oil
- Duck Fat
- Extra-Virgin Olive Oil
- Ghee
- Lard (Pork Fat)
- Olive Oil Spray
- Palm Oil
- Tallow (Beef Fat)

### EATING/DRESSING

- Avocado
- Avocado Oil
- Coconut Butter
- Coconut (Flakes, Shredded)
- Coconut Milk (Canned)
- Light Olive Oil
- Olives (All)
- Sesame Oil

### NUTS AND SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Cumin Seeds
- Dry Roasted Peanuts
- Flax Seeds
- Hazelnuts/Filberts
- Macadamia Nuts
- Mustard Seeds
- Nut Seed (All)
- Pecans
- Pine Nuts
- Pistachio
- Pumpkin Seeds/Pepitas
- Sesame Seeds

## HERBS & SPICES

- Allspice
- Basil (Fresh/Dried)
- Bay Leaves
- Black Pepper
- Black Peppercorns
- Cayenne (Ground)
- Chili Powder
- Chipotle Powder
- Chives
- Cilantro (Fresh/Dried)
- Cinnamon
- Cloves (Ground)
- Cloves (Ground)
- Cumin
- Curry Powder (Red/Yellow)
- Dill (Fresh/Dried)
- Garlic Powder
- Ginger (Fresh/Dried)
- Italian Seasoning
- Jamaican Jerk Seasoning
- Lemongrass
- Lemon Zest
- Mint (Fresh)
- Mustard Powder
- Nutmeg
- Onion Powder
- Oregano (Fresh/Dried)
- Paprika
- Parsley (Fresh/Dried)
- Red Pepper Flakes
- Rosemary (Fresh/Dried)
- Sage (Fresh/Dried)
- Salt (Iodized/Sea Salt)
- Thyme (Fresh/Dried)
- Wasabi Powder

## DRINKS

- Apple Cider
- Cacao Drinks (100%)
- Club Soda
- Coconut Water
- Coffee
- Fruit Juice (100% All)
- Kombucha
- Mineral Water
- Naturally Flavored Water
- Seltzer Water
- Sparkling Water
- Tea (All)
- Vegetable Juice (100%)

## DAIRY

- Parmesan Cheese
- Half and Half
- Milk (Low Fat)
- Coconut Milk (Full Fat)
- Goat Cheese
- Greek Yogurt (Fat Free)
- Cottage Cheese

PANTRY

- PANTRY

OTHER

- OTHER