

# COMPLEX CARBS

## FIT BODY BOOT CAMP

### Food / Shopping List

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

Doof	(Chuck)
Deel	(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

#### 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

#### Acorn Squash

Beets

Black Beans

Butter Beans

Buttercup Squash

**Butternut Squash** 

Carrots

Chickpeas (Garbonzo)

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

<ul> <li>Apples (All)</li> <li>Apricots</li> <li>Bananas</li> <li>Blackberries</li> <li>Blueberries</li> <li>Cherries</li> <li>Dates</li> <li>Figs</li> </ul>	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
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
<ul><li>Allspice</li><li>Basil (Fresh/Dried)</li><li>Bay Leaves</li><li>Black Pepper</li><li>Black Peppercorns</li></ul>	<ul><li>Cilantro (Fresh/Dried)</li><li>Cinnamon</li><li>Cloves (Ground)</li><li>Cloves (Ground)</li><li>Cumin</li></ul>	<ul><li>Italian Seasoning</li><li>Jamaican Jerk Seasoning</li><li>Lemongrass</li><li>Lemon Zest</li><li>Mint (Fresh)</li></ul>	<ul><li>Paprika</li><li>Parsley (Fresh/Dried)</li><li>Red Pepper Flakes</li><li>Rosemary (Fresh/Dried)</li><li>Sage (Fresh/Dried)</li></ul>

- Black Peppercorns
- Cayenne (Ground)
- Chili Powder
- Chipotle Powder
- Chives

- Cumin
- Curry Powder (Red/Yellow)
- Dill (Fresh/Dried)
- Garlic Powder
- Ginger (Fresh/Dried)
- Mustard Powder
- Nutmeg
- Onion Powder
- Oregano (Fresh/Dried)
- Sage (Fresh/Dried)
- Salt (Iodized/Sea Salt)
- Thyme (Fresh/Dried)
- Wasabi Powder

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

Almond Flour

Apple Cider Vinegar

Arrowroot (Starch)

Arrowroot Powder

Balsamic Vinegar

**Canned Butternut** 

Canned Pumpkin

Canned Salmon

Canned Tuna

Chicken Broth

Chili (Paste)

Capers

**Canned Sweet Potato** 

**Baking Soda** 

**Beef Broth** 

Squash

Chili Paste (Ground

in Adobo Sauce)

**Coconut Aminos** 

Coconut Flour

Dijon Mustard

**Dried Fruit** 

Fish Sauce

Fish Sauce

Flax Meal

**Hot Sauce** 

Lime Juice (Pure)

**Dried Cranberries** 

Chipotle Chili (Canned

Cocoa (100% Cacao)

Coconut Palm Sugar

Fresh)

Maple Syrup (Pure)

Molasses

Mustard (All)

(Tessemae)

(Tessemae)

Pickles (All)

Rice Vinegar

Salsa (Chunky)

Sardines

Stevia

Raisins

Natural Ketchup

Naural BBQ Sauce

**Nutritional Yeast** 

Red Wine Vinegar

**Roasted Red Peppers** 

Stevia Sweetened

Chocolate Chips

(Lily's Brand)

**Tomatoes** 

Tapioca Starch

(Diced/Crushed)

**Tomato Paste** 

**Tomato Sauce** 

(Powder)

Tomatoes (Sun-Dried)

Unsweetened Cocoa

Vanilla Extract (Pure)

Worcestershire Sauce

Vegetable Broth

White Vinegar

White Wine