

FIT BODY BOOT CAMP

GROCERY LIST

Protein at every meal

| Seafood | Meats | Poultry | Other White Meats | Eggs |
|----------|---------|----------|-------------------|------------|
| Salmon | Beef | Chicken | Pork | Free Range |
| Shrimp | Buffalo | Turkey | Bacon | |
| Cod | Lamb | Duck | | |
| Scallops | Elk | Pheasant | | |
| Crab | Venison | | | |
| Tuna | | | | |

Vegetables 1-2 servings at every meal

| Limited Vegetables | Complex Carbs | Carbs |
|--------------------|---------------|----------------------------|
| *These are Starchy | Not after 3pm | Limited to 1 serving a day |
| Carrots | Brown Rice | 1.5 cup Red Potato |
| Peas | Quinoa | 1 cup Beans/Legumes |
| Beets | Sweet Potato | 1 cup cooked White Rice |
| Corn | Rolled Oats | 1 cup cooked Pasta |
| Any type of Squash | Ezekiel Bread | |
| Eggplant | | |
| Pumpkin | | |

Fruits 2-3 servings a day(not after 3pm)

| | | | |
|--------------|------------|-------------|-----------------------------|
| Apples | Grapes | Oranges | Raspberries |
| Apricots | Kiwi | Papaya | Strawberries |
| Blackberries | Lemon | Peaches | Tangerines |
| Blueberries | Lime | Pears | |
| Cherries | Mango | Pineapple | Limited(very high in sugar) |
| Grapefruit | Melon | Plum | Bananas* |
| | Nectarines | Pomegranate | Watermelon* |

Fats 1-2 servings a day

| Cooking Fats | Eating Fats | | |
|------------------------|-----------------------|---------------|-----------------------|
| Animal Fats* | 1/2 Avocado | Almonds | Flax Seeds |
| Clarified Butter* | Cashews | Almond Butter | Pine Nuts |
| Ghee* | Coconut Butter | Brazil Nuts | Pumpkin Seeds |
| Coconut Oil | Coconut Meat/Flakes | Peanut Butter | Sesame Seeds |
| Extra Virgin Olive Oil | Coconut Milk (canned) | Pecans | Sunflower Seeds |
| | Hazelnuts/Filberts | Pistachio | Sunflower Seed Butter |
| | Macadamia Nuts | | Walnuts |
| | Macadamia Butter | | |

***Use this as a guideline when preparing your own meals. If we supply you with a recipe, you may use all ingredients in the recipe.**