



FAITHFUL WORKOUTS GROCERY LIST

WEEK ONE

Produce

- Avocados
- Bananas
- Broccolini
- Carrots
- Cilantro
- Cucumber
- Dark leafy greens (spinach, kale, turnip greens...)
- Fresh fruit/berries
- Fresh parsley
- Fresh Spinach
- Garlic
- Ginger
- Green Onions
- Kale
- Large Lettuce Leaves
- Lemons
- Mango
- Mixed baby greens
- Power greens (kale, spinach & chard)
- Red Onion
- Red Peppers
- Sweet potatoes
- Tomatoes
- Zucchini

Juices

- 100% Orange Juice
- 100% Apple or other juice for smoothies (unless using water)

Meat & Fish

- Chicken breast
- Ground Italian sausage
- Medium or large shrimp
- Salmon Fillet

Dry Goods

- Chopped walnuts, pecans or sliced almonds
- Couscous (regular, not flavored)
- Flour
- Olive Oil
- Pure maple syrup
- Shredded coconut – unsweetened
- Vegetable Broth
- Whole chia seeds

Sauces

- Dijon Mustard
- Salsa
- Soy Sauce or Braggs Liquid Amino Acids (liquid aminos makes this gluten-free)

Spices

- Chili power
- Cumin
- Paprika

Frozen

- Frozen blueberries
- Frozen Corn – Organic
- Frozen strawberries
- Frozen, Shelled, Edamame – Organic

Canned Goods

- Beans
- Canned chickpeas (garbanzo beans)
- Coconut Milk
- Corn
- Green Chilis
- Water Chestnuts

Carbs

- Gnocchi or Zucchini/other Gluten Free noodles
- Quinoa, Cooked According to Package
- Tortillas

Dairy & Dairy Alternatives

- Eggs
- Greek yogurt or non dairy alternative
- Mexican Cheese – crumbled
- Parmesan Cheese
- Ricotta cheese
- Shredded mozzarella cheese
- Whole milk (can use almond)