



FAITHFUL WORKOUTS GROCERY LIST

WEEK THREE

Produce

- Apples
- Arugula
- Avocado
- Banana
- Basil
- Berries
- Cabbage
- carrot
- Cauliflower
- celery
- cilantro
- cucumber
- eggplant
- Fennel Bulb
- fresh basil
- fresh mint
- fresh thyme
- garlic
- ginger
- Grapefruit or Orange
- green onions/scallion
- Lemons / lemon juice
- Onions
- Parsley
- Potato
- red bell pepper
- snap peas or pea pods
- Spinach Leaves
- Sweet Potato
- Tomatoes

Juices

- 100% Orange Juice

Meat & Fish

- Boneless, skinless chicken thighs or breasts
- Flank steak
- Lean Ground Beef or Turkey
- Salmon
- Tofu

Dry Goods

- coconut oil
- dark chocolate
- dried, unsweetened, shredded coconut
- honey
- honey or maple syrup
- Olive, Grapeseed, or Avocado Oil
- rice vinegar
- sesame oil
- sweet hot mustard
- Thai fish sauce
- Worcestershire Sauce
- almonds
- golden raisins
- sunflower seeds

Sauces

- Hummus
- Balsamic vinegar
- Bragg liquid aminos or soy sauce
- Dijon mustard

Spices

- cayenne pepper
- chili powder
- cinnamon
- cinnamon
- cloves
- cocoa powder
- cumin
- Dried Dill
- dried or fresh tarragon
- ground red (cayenne) pepper
- ground turmeric
- red pepper flakes
- sesame seeds

Canned Goods

- black beans
- Coconut Water
- corn kernels
- kidney beans
- sundried tomatoes
- Tomato Puree
- vegetable or chicken broth

Carbs

- Brown Rice
- Low-Sugar Granola
- Organic Oats
- Organic or GF Bread
- Tortilla Chips
- whole wheat penne pasta
- whole-wheat tortillas

Dairy & Dairy Alternatives

- Blue Cheese
- Cheese for shredding
- Eggs
- Feta Cheese
- Fresh Mozzarella Cheese
- Frozen Strawberries
- Milk (dairy, almond or cashew milk)
- Parmesan cheese
- Plain, Greek or DF yogurt