

Example Grocery List

Clean Eats	Clean-ish
Chicken	Low fat/low sugar yogurt
Steak	Halo Top Ice cream
Mahi Mahi (wild caught)	Special K protein cereal
Salmon	Spray butter
Tofu	Protein bars
Turkey meat	Protein pancake mix (Birch Brothers)
Low sodium lunch meat	Low fat crackers
Choice of fruits + veggies	Hummus
Sweet potatoes	Yogurt covered pretzels
Eggs	Peanut butter (natural)
Egg white	
Low fat/2% cheese	
Whole wheat bread (Dave's killer bread is AMAZING)	
Oats	
Kale/Spinich	
Almond Milk (unsweetened)	
Quinoa	
Black Beans (low sodium)	
Chia Seeds	
Almonds	