

Beloved Wellness: Grocery Go-To's

Protein

Eggs (+ fat)
Egg Whites
Frozen Salad Shrimp
Chicken Breast
Chicken Burgers
Greek Yogurt (+ carbs)
Ground Beef (+ fat)
Ground Turkey (+ fat)
Protein Powder
Tuna Packets

Carbohydrates

Apples
Asparagus
Bananas
Berries
Black Beans (+ protein)
Broccoli
Brown Rice
Brussel Sprouts
Chickpea Pasta (+ protein)
Frozen Cauliflower Rice
Honey
Kodiak Cakes (+ protein)
Rice Cakes
Rolled Oats
Organic Cereal
Pure Maple Syrup
Spaghetti Squash
Spinach
Sprouted Bread
Sweet Potato

Fats

Avocado
Butter
Coconut Oil
Eggs (+ protein)
Ghee
Parmesan Cheese
Peanut Butter
Shredded Cheese

Miscellaneous

Chicken Broth
Coffee Creamer
Enlightened Ice Cream
Marinara Sauce
Mini Dark Chocolate Chips
Organic BBQ Sauce
RX Bars
Unsweetened Almond Milk
Whipped Cream

To keep cost low, we typically choose a few options from each category to put together meals for the week. We never buy everything on this list all at once.