



## FAITHFUL WORKOUTS GROCERY LIST

### WEEK TWO

#### Produce

- Avocado
- Banana
- Carrots
- Cilantro
- Cucumbers
- Dried or fresh dill
- Fresh basil (optional)
- Fresh Berries; Blueberries, Sliced  
Strawberries, Blackberries,  
Raspberries
- Fresh Spinach
- Garlic
- Grape tomatoes
- Green beans
- Green Onion
- Jalapeno
- Kale
- Limes
- Mixed greens (arugula, baby  
spinach & chard)
- Onions
- Organic Power Greens
- Potatoes
- Red onion
- Red peppers
- Spinach greens
- Sweet potatoes
- Tomatoes

#### Juices

- 100% Orange Juice

## Meat & Fish

- Chicken breasts or thighs
- Firm white fish (examples: Barramundi, Cod, Grouper)
- Ground Italian Sausage (nitrate-free)
- Lean ground beef or turkey

## Dry Goods

- Chicken or Fish stock
- Chicken or Vegetable broth – low sodium
- Coconut Water (regular water works too)
- Corn starch
- Dried cranberries
- Gluten-free bread crumbs
- Natural Peanut Butter no oil or sugar added (or alternative nut butter)
- Organic Penne pasta or GF alternative
- Pecans or other nuts
- Slivered almonds

## Sauces

- Balsamic vinegar
- BBQ sauce (be sure to look for sauces without a bunch of added sugar!)
- Dijon mustard
- Peach jam
- Spicy mustard

## Spices

- Dried Oregano
- Cumin
- Paprika

## Frozen

- Frozen Strawberries
- Organic Corn

## Canned Goods

- Coconut Milk
- Kalamata olives
- Tomato puree
- Tomato paste (I like the tube if you can find it!)

## Carbs

- Bread for toast (avoid added fructose or other ingredients you don't recognize)
- Quinoa
- Tortillas

## Dairy & Dairy Alternatives

- Cashew or Coconut Milk
- Eggs
- Feta Cheese
- Goat Cheese
- Greek yogurt or alternative
- Parmesan cheese
- Shredded pizza cheese