



## FAITHFUL WORKOUTS GROCERY LIST

### WEEK FOUR/FIVE

#### Produce

- lemons (juice and zest)
- fresh basil
- green beans
- Tomatoes
- Carrots
- Potato
- Snap Peas
- Sweet Potatoes
- Apples
- Baby Red Potatoes
- bok choy
- Avocado
- cucumber
- fresh parsley
- Strawberries
- Spinach
- Ginger
- Onion
- Red Pepper
- Broccoli
- Grapefruit/Grapefruit juice
- Scallions/green onion
- Celery
- Zucchini
- Mushrooms
- asparagus
- Grape Tomatoes
- Cauliflower
- Chives
- grapes
- Pears
- Kale
- Brussels sprouts
- Peaches
- Fresh Rosemary
- Arugula
- Shallot

## Produce, cont.

- Jalapeno
- Lime or lime juice
- cilantro
- Banana
- Onions
- Green bell peppers
- Cucumbers
- Fresh mint leaves
- Green beans
- Mixed greens

## Juices

- 100% Orange Juice

## Meat & Fish

- Bacon
- Chicken Breasts
- Ground beef or turkey
- Ground Italian sausage
- Salmon
- Shrimp
- Turkey

## Dry Goods

- Peanut butter or almond butter
- Coconut Water
- coconut oil
- Olive, Grapeseed, or Avocado Oil
- Peach Jam
- Almonds
- Pistachios
- Raisins
- sliced almonds
- sunflower seeds
- Walnuts
- Dried cranberries

## Sauces

- Apple Cider Vinegar
- Balsamic Vinegar
- Dijon Mustard
- Honey
- Rice Wine Vinegar
- Sesame Oil
- Soy Sauce or Liquid Aminos
- Fish Sauce
- Spicy Mustard

## Spices

- 1/2 tsp dried tarragon
- cayenne pepper
- celery salt
- Chili Powder
- cinnamon
- crushed red pepper flakes
- dried dill
- Dried Dill
- Dry mustard powder
- ground turmeric
- Italian seasoning
- Beef Bouillon cube

## Frozen

- Frozen peas

## Canned Goods

- anchovies
- Capers
- organic corn
- pickles
- Solid White Tuna
- tomato puree
- Crushed tomatoes
- Tomato Sauce
- Tomato Paste
- vegetable or chicken broth
- Beef broth (or red wine)

## Carbs

- Brown Rice
- Low-Sugar Granola
- Old fashioned oats
- Organic or GF Tortillas
- Organic or GF Bread
- Quinoa
- Rice noodles

## Dairy & Dairy Alternatives

- Blue Cheese
- Cottage cheese
- Eggs
- Feta cheese
- Fresh Mozzarella Cheese
- Goat Cheese
- Milk (dairy, coconut, almond)
- Parmesan cheese
- Plain Greek (or Dairy Free) Yogurt