28DC GROCERY LIST

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LEAN PROTEIN

- White Fish
- Skinless Chicken Breast
- Lentils
- Turkey
- Egg Whites
- Beans
- Legumes
- Smoked Jerky
- Greek Yogurt
- Cottage Cheese or Cheese Stick

VEGETABLE

- Mixed Greens *(lettuce, romaine, red leaf, cilantro, parsley)*
- Asparagus
- Cucumbers
- Celery
- Mushrooms
- Sweet Potatoes
- Broccoli
- Cauliflower
- Green Beans
- Brussel Sprouts
- Dark, Leafy Greens *(spinach, collard greens, kale)*
- Roots *(turnip, ginger, carrots, radish, beet)*
- Snap Peas
- Squash
- Sweet Peppers *(green, yellow, red)*
- Onions

FRUIT

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Plum
- Apple
- Tangerine
- Kiwi
- Cherries
- Cantaloupe

AVOID: Bananas, Oranges, Watermelon, Pineapple, Mango & Grapes

HEALTHY FAT

- Olive Oil
- Organic Virgin Coconut Oil
- Flax Oil
- Hemp Oil
- Sesame Oil
- Avocado Oil
- Organic Real Butter
- Avocado
- Nuts & Seeds
- Almonds
- Cashews
- Pecans
- Walnuts
- Hazelnuts
- Brazil Nuts
- Macadamia Nuts
- Peanuts
- Sunflower Seeds

AVOID: Roasted Nuts w/ added oils, vegetable oil, corn oil, peanut oil, & grape seed oil

ADDITIONAL

- Filtered Water
- Nut Milk
- Herbal Teas
- Dill Pickles
- Broth *(vegetable, chicken, beef)*