## Ultimate Jumpstart Shopping List

### Lean Protein
- Ground Beef *(about 95% lean)*
- Chicken Breast
- Salmon Fillet
- Tuna Steaks
- Snapper Fillets
- Eggs
- Ground Turkey
- Turkey Breast
- Shrimp

### Vegetables
- Kale
- Green/Yellow/Red Bell Peppers
- White/Yellow/Red Onions
- Zucchini
- Mixed Frozen Vegetables *(1 bag)*
- Baby Spinach
- Arugula
- Romaine Lettuce
- Canned Diced Tomatoes *(no salt added)*
- Snow Peas
- Endive
- Scallions
- Broccoli
- White Mushrooms

### Healthy Fats
- Pumpkin Seeds
- Olive Oil

### Herbs & Spices
- Garlic Bulbs
- White Wine Vinegar
- Chicken Broth
- Ginger
- Paprika
- Coriander
- Cumin
- Cardamom
- Black Pepper
- Salt
- Cinnamon
- Turmeric
- Chili Powder
- Garlic Powder
- Rosemary
- Lemon Juice
- Lime Juice
- Basil
- Parsley
- Oregano
- Cayenne Pepper
- Black Peppercorns
- Bay Leaf

### High Protein Snacks
- 2 % Cottage Cheese
- 0% Fat Plain Greek Yogurt Plain *(less than 6 grams of sugar)*
- Sliced Turkey Breast
- Eggs *(to hard-boil)*

### Other
- Teriyaki
- Red Wine Vinegar
- White Wine Vinegar
- Balsamic Vinegar
- Chicken Broth
- Lemon Juice
- Lemon
- Spicy Tahi Peanut Sauce