



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 Tahini Peanut Sauce