

Swoje Sister Example Shopping Guide

Protein

Chicken Breast
Chicken Thighs
Eggs
Egg Whites
Flounder
Ground Beef
Ground Turkey
Grouper
Halibut
Salmon
Snapper
Tuna
Turkey Breast

Legumes

Black Beans
Kidney Beans
Lentils

Fats

Almonds
Cashews
Coconut Oil
Flax Seed (ground or milled)
Olive Oil
Pistachios

Fruits

Apples
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Grapes
Lemon
Mango
Papaya
Raspberries
Strawberries

Grains

Brown Rice
Jasmine Rice
Quinoa
Steal Cut Oats

Dairy / Dairy Subs

Almond Milk
Coconut Milk
Plain Greek Yogurt

Vegetables

Acorn Squash
Artichoke Hearts
Asparagus
Avocados
Beets
Broccoli
Brussels Sprouts
Butternut Squash
Carrots
Cauliflower
Celery
Green Pepper
Kale
Mushrooms
Red Pepper
Spinach
Sweet Potato
Tomatoes
Yellow Pepper
Zucchini

Spreads

Butter
Guacamole
Hummus

Herbs / Spices

Agave Nectar
Basil
Black Pepper
Cardamon
Chili Powder
Cilantro
Cinnamon
Cumin
Curry
Dark Chocolate (72% or greater cocoa)
Garlic
Ginger
Nutmeg
Paprika
Sea Salt
Vanilla Extract

Other

Ziploc baggies
Tupperware containers
Tin Foil