

Cause Fitness: Thinspo To Fitspo Shopping List

Produce:

- Grapefruit
- Spinach
- Kale
- Avocado
- Green beans (fresh or frozen)
- Broccoli (fresh or frozen)
- Brussels sprouts (fresh or frozen)
- Asparagus (fresh or frozen)
- Yams
- Mixed berries (fresh or frozen)
- Blueberries (fresh or frozen)

Proteins:

- Chicken
- Solid white albacore tuna in water
- Salmon (Alaskan is best)
- 99% fat free ground turkey
- Flank steak
- 96/4 lean ground beef
- Turkey bacon (I like Trader Joe's Peppered Uncured)

Dairy/Eggs:

- Eggs
- Egg whites (I like to separate them myself, but up to you)
- Plain, sugar-free, fat-free Greek yogurt

Aisles & Other:

- Oats
- Brown rice
- Almond milk
- Almond butter, unsalted
- EVOO and Coconut oil
- Stevia packets
- Coffee
- Green tea
- Salsa
- Apple cider vinegar
- Lemons or lemon juice
- Fish oil
- Multivitamin
- Whey protein (natural, nothing artificial is recommended)