

# Get Your Gut In Gear Grocery List:

An **item-by-item grocery list** to help make meal preparations super easy! By stocking up on these go-to items you'll be able to whip up dishes in a jiffy. Just put it on your cellphone for easy access when you're at the supermarket.

You typically can't go wrong with **fresh organic** meats, fruits and vegetables but organic is best. As you shop or if you're looking to swap out some of your bottle, can, bag or box items look for the USDA Organic seal, this certifies that the food product has met the USDA's organic guidelines. Also check the ingredients list, it should be short and easy to read. If the product has a long list of unrecognizable items then it's not even close to being real food. Focus on eating fresh organic foods as part of this program and you'll be losing weight in no time.

## Meat & Proteins

- Eggs
- Bacon
- Sausages (Andouille, Chicken Apple, Italian, Chorizo, etc.)
- Black Beans
- Ground Beef or Turkey
- Salmon
- Plant Based Protein Powder; Hemp, Pea, Rice or Mixed
- Chicken Thighs (Bone in or Boneless/Skinless)
- Chicken Drumsticks (Bone in or Boneless/Skinless)
- Shrimp
- Tuna (Canned or Fresh)
- Steak (Any Kind)
- Chicken Breast (Skin or Skinless)
- Tilapia or Halibut
- Mahi Mahi

## Vegetables

- Spinach
- Shallots
- Asparagus
- Zucchini
- Carrots
- Onions; Red, Yellow, Sweet and/or White
- Bell Peppers; Green, Red, Yellow and/or Orange
- Sweet Potatoes and/or Yams
- Artichoke Hearts (Can or Jar, Marinated)
- Tomatoes (Sundried or Fresh)
- Lettuce; Green or Red Leaf, Romaine, Butter, Mixed Greens
- Celery
- Corn (Frozen or Fresh)
- Green Onions
- Brussel Sprouts
- Squash (Any Variety)
- Mushrooms
- Broccoli
- Cauliflower
- Peas (Fresh or Frozen, Snap or Green or Snow)
- Kale (Any Kind)
- Cabbage
- Beets
- Fingerling Potatoes

## Fruits

- Mangos (Frozen or Fresh)
- Bananas
- Passion Fruit
- Pomegranates
- Kiwi
- Pineapple (Frozen or Fresh)
- Lemons
- Limes
- Avocado
- Apples
- Berries; Strawberry, Blackberry, Raspberry and/or Blueberry
- Olives

## Healthy Fats/Oils

- Olive Oil
- Coconut Oil
- Peanut or Other Nut Butters
- Nuts; Almonds, Cashews, Almonds, Pecans, Macadamia, etc.
- Truffle Oil

### Gluten Free Grains

- Quinoa
- Almond Flour
- Coconut Flour
- Corn Tortillas
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- Oatmeal/Oats
- Tapioca Flour
- Arrowroot Flour
- Corn Chips

### Dairy Alternatives

- Full Fat Coconut Milk (canned)
- Almond Milk (plain)
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- Ghee

### Spices, Seasonings & Sweeteners

- Sea Salt
- Ground Black Pepper
- Vanilla Extract
- Honey
- Coconut Flakes
- Cayenne Pepper
- Cilantro
- Salsa
- Chili Powder
- Fajita or Taco Seasoning
- Dijon Mustard
- Broth; Bone, Chicken, Beef or Vegetable
- Garlic Powder
- Onion Powder
- Raw Garlic
- Curry Powder
- Oregano
- Thyme
- Gluten Free Soy Sauce or Tamari
- Apple Cider Vinegar
- Gluten Free Sriracha
- Ground Ginger
- Red Pepper Flakes
- Sage
- Rosemary
- Cinnamon
- Basil
- Paprika
- Baking Powder
- Cacao Nibs
- 75% Dark Chocolate (or higher)



**TRAVELFIT**

*“Life is a journey, enhance it with good health”*