

Shopping List

for mealprepping

Protein

Chicken
Turkey
Lean ground beef
Bison
Tofu or tempeh
Eggs
Greek yogurt
Cottage Cheese
Fish
Shrimp
Beans

Healthy Carbohydrates

Rice
Sweet potatoes
Potatoes
Oatmeal (thick cut or steel cut)
Quinoa
Beans
Ezekiel bread

Fruits and Vegetables

Apples
Banannas
Berries
Citris fruits
Carots
Celery
Bell peppers
Lettuce or salad greens
Spinach
broccoli
Cauliflower

Healthy Fats

Nuts
Olives
Avocado
Pasture butter
Cheese

THE
Balanced
WORK LIFE