

# 2018 grocery LIST

## FRUITS (SIMPLE CARBS)

- ☐ Apples
- ☐ Bananas
- ☐ Mango
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Cranberries
- ☐ Peaches
- ☐ Pears
- ☐ Oranges
- ☐ Pineapple

*Health Tip:*

**Choose a variety of produce colors.  
Variety is key to balanced nutrition.  
Fuel your body for performance!**

## OTHER SNACKS

- ☐ Granola
- ☐ Kashi Cereals

## BEVERAGES

- ☐ Almond Milk
- ☐ Cashew Milk
- ☐ Coconut Milk

*Bonus!*

**\*Try different spices, oils and cooking methods  
to transform any dish.**

## SUPPLEMENTATION\*

- ☐ Nutrifitt
- ☐ Whey-Fitt
- ☐ Pre-Fitt\*
- ☐ Multivitamin