

24-DAY CHALLENGE GROCERY LIST:

Proteins:

- Fish
 - *white fish
 - *wild salmon
 - *low sodium tuna
 - *cod
 - *flounder
 - *grouper
 - *halibut
 - *ocean perch
 - *sea bass
 - *swordfish
- Chicken Breast
- Ground Chicken
- Turkey Breast
- Ground Turkey
- Turkey Sausage
(Days 11-24+)
- Venison
- Elk
- Bison
- Egg Whites/Eggs
- Lentils
- Fat Free Greek Yogurt
(Days 11-24+)
- Extra Lean Ground Beef

Fresh/Frozen Fruits:

- Grapefruit
- Green Apples
- Green Pears
- Any Berries
- Plums
- Papayas
- Prunes
- Pineapples
- Oranges
- Cantaloupe
- Melons
- Kiwis
- Mangos
- Bananas
- Cherries
- Lemons/Limes

Low Glycemic Carbs:

- Sweet Potato
- Brown Rice (& Brown Rice Noodles)
- Old Fashioned Oats
- Quinoa
- Garbanzo Beans/Chickpeas
(Low sodium, rinsed w/water)
- Black Beans
(Low sodium, rinsed w/water)
- Squash

Vegetables:

- Asparagus
- Green Beans
- Romaine Lettuce
- Peppers
- Spinach
- Kale
- Onions
- Tomatoes
- Cucumbers
- Celery
- Cauliflower
- Collard Greens
- Cabbage
- Broccoli
- Zucchini
- Eggplant
- Edamame

Additional Items:

- Bragg's Liquid Aminos (or low sodium soy sauce)
- Apple Cider Vinegar
- Mrs. Dash Salt-Free Seasonings & Marinades
- Stevia (to replace sugar)
- SkinnyPop (portion out servings = 3 cups)
- Bolthouse Farms Yogurt Ranch Dressing (Days 11-24+)
- Low Sodium Chicken Broth
- Mama Valerio's Low Sodium Marinara
- Balsamic Vinaigrette Dressing

Unsalted, No-Sugar-Added Healthy Fats:

- Almonds
- Cashews
- Peanuts
- Avocado
- Natural Peanut Butter
- Cashew Butter
- Almond Butter
- Extra Virgin Olive Oil
- Flax Seed/Oil
- Coconut Oil
- Egg Yolks

** Consume healthy fats in moderation. **

* Try to get at least 10g of protein into each meal and snack.

* Drink AT LEAST 96 oz. of water each day.