**Client Grocery List**

**FEONS CHECKLIST (AKA the basis of your grocery list)**

Proteins

Cold water fish – Tuna, Salmon, Mackerel

Lean Red Meat – Doesn’t have to be expensive cuts to be good for you

Dairy (low fat and sugar, protein rich) – Skim milk, cottage cheese, yogurt

Eggs

Plant Foods

Cruciferous – broccoli, cabbage, Brussel sprouts, cauliflower

Green – Every time you visit the produce section, pick at least 2

Red – tomatoes and chilies are high in lycopene. And don’t forget about your apples and grapefruit

Orange/yellow – Pick what’s in season

Berries – Frozen are just as nutritious as fresh

Legumes – Chickpeas and beans. Chili anyone?

Premium grains – rye, barley, spelt and quinoa in your window

Oils

Flaxseeds and oil – helps create an essential fat profile high in omega 3

Extra Virgin Olive Oil – Cold pressed, good as a salad dressing

Supplements

Protein Powder – I like a blend of whey and Casein

Omega 3 supplement – Get the highest amount of EPA you can

Creatine Monohydrate – Safe and effective way to improve strength

And in moderation…

The RDC’s (Red wine, Dark Chocolate and Coffee)