BSP Nutrition

The Grocery List for Successful Nutrition

(all sources preferably grass-fed, pastured and/or organic if possible, but not necessary)

Proteins:	Need	Bought
Chicken or Turkey, boneless and skinless		
Lean Ground Beef, Buffalo, Chicken or Turkey		
Lean Red Meat (top round, sirloin, London broil)		
Omega-3 or Pasture-raised Eggs		
Scallops		
Wild Alaskan Salmon		
Yogurt, plain		

Vegetables & Fruits:		
Baby Carrots		
Baby Spinach, Triple Washed		
Bell Peppers (green, red, yellow, orange)		
Cruciferous Veggies (broccoli crowns, cauliflower, cabbage, kale)		
Cucumbers		
Mixed Frozen Vegetables		
Onions		
Apples		
Bananas		
Berries, Fresh or Frozen (cherries, raspberries, strawberries, wild blueberries, etc)		
Dried Fruit (apricots, dates, figs, prunes)		
Oranges		

Grains & Starches:		
Beans (black, chick peas, kidney, lentils)		
Old-Fashioned Oats		
Quinoa		
Rice (whole-grain variety)		
Sprouted Grain Breads, English Muffins, Wraps or Cereal (Ezekiel)		
Sweet Potatoes		

Healthy Fats:		
Dark Chocolate, 85%+ cacao		
Coconut, shredded, unsweetened		
Extra Virgin Olive Oil		
Guacamole		
Mixed Nuts (almonds, walnuts, pecans, cashews, pistachios, brazil, etc)		
Natural Peanut/Almond/Cashew Butter		
Pastured Butter		
Pesto from Extra Virgin Olive Oil		
Seeds (chia, hemp, milled flax, pumpkin, sunflower)		

Miscellaneous Items:		
Coffee		
Hummus		
Salsa		
Spices (sea salt, pepper, cinnamon, nutmeg, onion powder, garlic powder, ginger, etc)		
Unsweetened Almond or Hemp Milk		
White/Green/Oolong/Black/Rooibos Tea		