

Cori's Grocery List

1. Fresh fruit - we like bananas, apples, oranges, raspberries, strawberries and blueberries
2. Fresh veggies - we always have baby carrots, broccoli, brussels sprouts, green beans, sweet potatoes and organic salad mix on hand
3. Avocados and individual guac packets
4. Hummus
5. Dried fruit (check for added sugar) - I love dried apricots!
6. Nuts - our go-tos are almonds and cashews
7. Unsweetened vanilla almond or coconut milk
8. Protein powder - we love FASTER Way protein, but will use Orgain if we are out
9. Protein bars - Grab the Gold, Aloha and Barebells are our go-tos!!
10. Collagen peptides - again FASTER Way is our go-to, but Vital Proteins or Garden of Life are also good options
11. Granola - Purely Elizabeth is our favorite, the grain free is good too!
12. Gluten free rolled oats
13. Chia seeds and flax seeds
14. Hemp hearts
15. Frozen fruit - blueberries, dark cherries, raspberries and strawberries are what we keep in stock
16. Rice - we like the frozen packets from Trader Joe's
17. Quinoa
18. Corn tortillas - the Trader Joe's brand only has a few ingredients!
19. Eggs
20. Bacon - we like the Trader Joe's sugar free
21. Meats - chicken breasts, ground chicken, ground turkey, lean beef
22. Rotisserie chicken
23. Canned tuna
24. Canned black beans and canned refried beans (love Trader Joe's!)
25. Natural peanut butter and almond butter - be sure to check for added sugar
26. Protein pancake mix - Trader Joe's or Kodiak
27. Gluten-free crispbread from Trader Joe's or gluten free crackers
28. Liquid stevia
29. Coffee - we like the Wake Up Blend from Trader Joe's
30. Herbal teas - the Tazo teas are great
31. Electrolytes - LMNT is our favorite (order online)
32. Sparkling water - there are so many fun options out there!