

BELLYFIT TRANSFORM GROCERY LIST

FRUIT

- Lemon*
- Oranges
- Grapefruit*
- Tangerines
- Blueberries*
- Strawberries*
- Raspberries*
- Blackberries*
- Peaches
- Plums
- Nectarines
- Cherries
- Apricots
- Cantaloupe
- Watermelon
- Honeydew
- Mango
- Pineapple
- Papaya

- Guava
- Kiwi
- Figs
- Dates
- Apples*
- Pears
- Avocado
- Grapes
- Banana

VEGETABLES

- Spinach*
- Kale*
- Romaine*
- Arugula*
- Endive*
- Watercress*
- Baby mixed greens*
- Mustard greens*
- Collard greens *

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Turnip greens*

Frozen

Spinach

Turnip greens

Carrots

Organic corn

any mixed vegetables, no seasonings/

sauces

any mixed fruits or individual fruits,

no added sauces or syrups

PROTEIN SOURCES

Animal

Chicken, *free range, antibiotic free*

Eggs, *cage free*

Beef, *grass fed*

Fish, *wild caught and fresh* salmon, tilapia, tuna,

Seafood, *wild caught and fresh* shrimp, scallops, etc.

Plant-based

Tempeh*

Tofu, sprouted*

Beans (black, navy, lima, chickpeas, black eyed peas, kidney, etc.)

Lentils

Split green peas

Edamame*

NON-DAIRY/DAIRY

Almond milk

Hemp seed milk

Rice milk

Oat milk

Turmeric Milk

Grass fed butter/vegan butter

Cheese, goats/sheep milk, *organic*

Yogurt (coconut milk, rice milk, almond milk, goats milk), *plain*

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*these foods should be purchased organic as much as possible

CONDIMENTS/OILS

- Mustard (dijon, spicy, yellow)
- Apple Cider Vinegar (Raw)

- Fermented veggies
- Coconut oil cold pressed*

- Basil
- Rosemary
- Thyme
- Mint
- Stevia
- Cilantro
- Parsley
- Dill
- Sage

Spices

- Turmeric, Curry powders
- Cinnamon
- Ginger

- Garlic
- Sea salt, black pepper
- Cayenne
- Red pepper, chili
- Sumac

GRAINS

- Rice (brown, wild, basmati)
- Oatmeal
- Quinoa
- Amaranth
- Buckwheat
- Millet
- Pasta, *rice, quinoa, whole-wheat*
- Bread (*high fiber, GF*)
- Crackers (*high fiber, GF*)
- Soba Noodles

EXTRAS- SUPERFOODS {IF YOU'RE ON A TIGHT BUDGET STAY AWAY FROM SUPERFOODS LIKE THESE}

- Raw cocoa powder

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- Raw cacao nibs
 - Dark chocolate
 - Goji berries, dried
 - Spirulina/chlorella
 - Bee pollen
 - Coconut nectar
 - Maca
 - Oils: Extra virgin olive oil, grapeseed oil
 - Balsamic vinegar
 - Hot sauce, low sodium
 - Olives
 - Local honey
 - Maple syrup, grade B
 - Coconut Aminos
- HERBS/SPICES *fresh or dried Herbs*
- Shredded coconut, *unsweetened*
 - Flours (almond, coconut, brown rice, peanut flours)
 - Stevia powder
- BRANDS
- BREAKFAST/BREADS | all gluten free
- Udi's Whole Grain Bread (GF)
 - Kinnikinnik Foods Brown Sandwich (GF)
 - Udi's White Sandwich Bread (GF)
 - Food for Life Brown Rice Bread (GF)
 - Food for Life Millet Bread (GF)
 - Glutino Flax Seed Bread (GF)
 - Ezekiel English Muffins
 - Ezekiel bread- sesame, original, cinnamon raisin
 - Ezekiel cereal
 - Nature's Path Hemp Waffles
 - Kaia Foods Raw Buckwheat Granola (GF)
 - 2 Mom's in the Raw Cereal
 - Bob's Red Mill Gluten Free Rolled

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Oats (GF)

Arrowhead Mills puffed rice, puffed millet, puffed corn cereal (GF)

Nature's Path Mesa Sunrise Flakes (GF)

Enjoy Life Crunchy Flax with Chia (GF)

Nature's Path Whole O's Cereal (GF)

PASTA/GRAINS

Organic Plant soba noodles

Organic Planet Whole Wheat Udon or Lomein Noodles

Ezekiel Penne Pasta

Ezekiel Linguine

Quinoa flakes (GF)

Explore Asian Organic Black Beans Spaghetti (GF)

Explore Asian Organic Mung Bean

fettuccine (GF)

Andean Dream Quinoa Spaghetti (GF)

Ancient Harvest Spaghetti (GF)

Jovial Penne Rigate (GF)

Le Veneziane Penne (GF)

Bionatura Elbow pasta (GF)

DeLallo Whole Grain Rice Fusilli (GF)

SNACKS

Mary's Gone Crackers-Onion, Rosemary, Plain, Black Pepper

Trader Joe's Organic Corn Chips

Trader Joe's Organic Popcorn with Olive Oil

Late July Summer Blue Tortilla Chips

Late July Summer Yellow Corn Chips

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