

## Inspire Fitness Grocery List

### Breakfast Foods

- Meats-turkey bacon, turkey sausage, ham
- Eggs/egg whites
- Whole wheat english muffins
- Multigrain waffles
- Potatoes o brien
- Oatmeal any flavor-Quaker has low sugar option
- Greek yogurt preferably dannon light & fit or aldi 100 calorie
- Fiber one bars preferably 90 calorie
- High Protein/High Fiber Cereal
- Almond/Cashew Milk
- Protein bars (preferably whey protein not soy)
- Protein shake (again whey protein)

### Lunch/Dinner Foods

- Lunch meat-turkey, chicken, ham
- Butterball turkey burgers
- Multi-grain wraps, lo cal/carb bread (josephs lo carb pita bread at Walmart and fit and active line at Aldi)
- Meats-chicken, turkey, ground turkey, ham, venison, ground sirloin, lean steaks, lean pork (so basically no fatty meats)
- Salad items (remember vegetables are free calories and don't have to be tracked)
- Any vegetables!!! Grill, steam, or eat fresh they are free!
- Rice
- Sweet potatoes

### Snack Ideas

- Beef jerky
- Rice cakes
- Cottage cheese
- Light string cheese, fat free shredded cheese, reduced fat sliced cheese
- Fruit-berries, watermelon
- Greek yogurt again
- Nuts/seeds (no peanuts)
- Protein chips (available at gnc)
- Skinny cow ice cream

All the foods listed are located at aldi and/or walmart the goal is to keep the food budget low.