

GROCERY CHECKLIST

Item	Category
<input type="checkbox"/> Eggs	Protein
<input type="checkbox"/> Plain Greek Yogurt	Protein
<input type="checkbox"/> Lean Meat (chicken, turkey, beef, pork, bison, wild meat, etc.)	Protein
<input type="checkbox"/> Fish	Protein
<input type="checkbox"/> Cottage Cheese	Protein
<input type="checkbox"/>	
<input type="checkbox"/> Fibrous Vegetables (spinach, broccoli, cucumber, zucchini, peppers, kale, green beans, cauliflower, mushrooms, onions, asparagus, cabbage, lettuce)	Produce
<input type="checkbox"/> Berries (after 21 days)	Produce
<input type="checkbox"/>	
<input type="checkbox"/> Nuts (almonds, walnuts, brazil nuts, cashews)	Fats
<input type="checkbox"/> Olive Oil	Fats
<input type="checkbox"/> Coconut Oil	Fats
<input type="checkbox"/> Butter	Fats
<input type="checkbox"/>	
<input type="checkbox"/> Mustard, hot sauce, vinegar, salt, pepper, cinnamon, lemon juice	Condiments
<input type="checkbox"/>	
<input type="checkbox"/> Green Tea, Coffee, Water	Drinks
<input type="checkbox"/>	
<input type="checkbox"/> Fish Oil (high grade omega 3)	Supplement
<input type="checkbox"/> Magnesium	Supplement
<input type="checkbox"/> Vitamin D3	Supplement
<input type="checkbox"/> Calcium	Supplement
<input type="checkbox"/> Multi Vitamin/Mineral	Supplement
<input type="checkbox"/> Fenugreek Seeds	Supplement
<input type="checkbox"/> Flax Seeds	Supplement
<input type="checkbox"/> Liquid Chlorophyll	Supplement
<input type="checkbox"/> Protein Powder	Supplement