

## Grocery List Ideas

*Our members shared what they would consider to be staple food items for the challenge. As you can see, you will not starve! Please don't be overwhelmed, and please don't break the bank the very first week. Just start out small and try incorporating one new thing every week.*

- Favorite vegetables for salads and sides (only fresh or frozen -- not canned) – sweet potatoes, baby carrots, cucumbers, sweet peppers, mushrooms, sugar snap peas, etc.
- Bags of spinach for “green smoothies” (see green smoothie file for ideas)
- Romaine or your favorite greens for salads
- Fruit (a lot of varieties including frozen w/out additives or sugar)
- Lemons
- Nuts such as raw almonds; sprouted nuts are also much easier for your body to digest.
- Real butter or coconut oil for cooking (see coconut oil file for ideas and benefits)
- “Ezekiel” bread and wraps; Dave’s Killer Bread; bread brands with ancient grains and sprouted grains.
- Old fashioned oats
- Dried beans, all kinds
- Plain popcorn for air-popping
- Your favorite salad dressing (or ingredients to make your own) *Please resist buying “low-fat” and “sugar-free” dressings. Choose full-fat dressings, as these have the fewest processed ingredients.*
- Chicken breasts and/or rotisserie chicken
- Tuna
- Fish (*Look for “wild caught” and avoid “farm-raised” if possible.*)
- Hummus
- Quinoa (*a protein that is a great substitute for white rice – can be prepared in rice cooker just like rice*)
- Varieties of “Larabars” (*Please check labels to ensure they are not varieties with sugar added.*)  
OR purchase dates and nuts to make your own (*see “Nut and Date Bars” file for ideas*)
- Almond butter or unsweetened peanut butter
- Eggs
- Full-fat plain yogurt or cottage cheese (*Avoid “low-fat” options because sugar is added to enhance flavor.*)
- Unsweetened almond milk (for smoothies), whole milk, or raw milk if possible
- Unsweetened cocoa powder
- FIT-friendly sugar substitutes: blackstrap molasses, coconut sugar, date sugar, honey, maple syrup, sorghum, stevia leaves, sucanat/rapadura
- Bragg apple cider vinegar (*see ACV file for ideas*)

*The following is a sample MONTHLY grocery list that one of our members (Kara Millican) uses regularly. She saves TIME and MONEY by planning ahead.*

Cheese and Meats	Dry Pantry	Produce	Frozen	Menu
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Chicken breast 12lbs	Black beans (4lg)	Milk 5	Mixed veggies	Chicken fajitas (2)
Ground Turkey 4lbs	Pinto beans (2lg)	Eggs 4*18	Stir fry veggies	Spaghetti (2)
Fish 3lbs	Green beans (2)	Butter		Chili (2)
Ground beef 4lbs	Cream of mushroom(2)	Coconut oil	Turkey burgers	Baked/grilled chicken (2)
Lunch meat	Dark red beans (4)	Yogurt	Berries	Mexican chicken soup (2)
Shredded cheddar	Whole wheat spaghetti (2)	Oranges		Fish (3)
Shredded parm	Spaghetti sauce 4 (no sugar)	Sweet potato (5)		Turkey burgers (2)
Sliced cheddar	Light red beans (4)	Strawberries		Mexican burger/quesadillas (2)
	Ranch	Carrots (lg bag)		Chicken casserole (2)
	Chipotle in adobo	Tomatoes cherry		Meatloaf (2)
	EVOO	Spinach		
	Dales	Bell peppers (5)		
	Tortillas (whole wheat/ low carb) 2 each	Spaghetti squash (2)		
	Loaf bread (2)	Onions		
	Chicken broth	Broccoli (3)		
	Chili seasoning	Bananas		
	Oats	Romain lettuce		
	Corn tortillas	Red pepper(3)		
	Salt	Apples		
On Hand	Peanut butter	Zuicchini		
Flour	Canned tomatoes (4)	Berries		
Cooking spray	Apple cider vinegar	Cucumbers		
Raisins	Raisins			
Ritz	Rotel			
RoTel	Soy sauce			
	Coconut			

### *How to Cut Your Grocery Bill When Eating Whole Foods*

*(by FIT member Melissa Schworer)*

1. Decide what are the minimal per person per week

- a. 2 cups fruit
- b. 2 cups vegetables
- c. .25 lb meat
- d. Beans
- e. "Whole carbs" (Potatoes, Rice, Bread)
- f. Dairy

By doing this, I believe we can knock off \$60 a week (\$240 a month WHOA!) from our groceries.

Cut out more expensive cuts of meat.

Take out cheese

Limited meat protein source to .25 per person a day and replace it with beans.

Have two meatless days a week.

2. Decide what “extras” you feel are important and how much you are willing to spend on each.

a. Get-togethers

b. Dates

c. Bake a “whole food sweet treat” with one child each week

d. A daily coffee (for my hubby and I both), and a small homemade chocolate milk each day for our kids.

2. Figure out your price point.

Mine is \$2.00 or less a pound of anything.

3. Understand the staples of your existing meal plan.

a. Smoothies for breakfast (FRUIT)

b. Veggies and Carb and Fat for lunch

c. Coffee (snack)

d. Protein, Veggies and Carb for dinner

e. Protein or Dairy for night snack

4. Find good deals on those things.

5. Create a recipe meal plan AROUND your deals

6. Don't eat out.

7. Only drink water.

8. Make snacking a premeditated choice BEFORE you go to the store and buy for those snacks only.

EXTRA:

9. Make a list of all your non-food items. Start using coupons for those (in moderation) and check out amazon.mom for discounted savings (if you have amazonprime).