

Omnivore Shopping List

PROTEIN FOODS

- **Lean Proteins**
 - Chicken Breast 95-98% - fresh, frozen, canned, ground
 - Turkey Breast - fresh, frozen, ground
 - Fish
 - Tuna - fresh, frozen, packets, canned
 - Halibut - fresh, frozen
 - Tilapia - fresh, frozen
 - Pork Tenderloin
 - Flavored Chicken Sausage
 - Low Sodium Deli Meats - Turkey Breast, Ham
 - Beef - 90% Ground, Sirloin, Flank Steak, Tenderloin
- **Medium-Fat Proteins**
 - Meatballs - Turkey or Beef
 - Lamb - fresh, frozen, ground
 - Salmon - fresh, frozen, canned, smoked
 - Beef - less than 90% Ground
- Eggs – free range if possible.
- Liquid Egg Whites
- Tofu – Extra Firm
- Veggie Burgers
- Tempeh
- Protein Bars- NuGo, RX, Luna Protein, Clif Builder Bar, Pure Protein, Go Macro, Risebars, Redd bars

FAT + CONDIMENTS

- Unsalted nuts – almonds, cashews, walnuts, pecans
- Nut butter – Justin's, Crazy Richard's
- Tahini
- Canola oil, olive oil, avocado oil
- Avocado
- Flax seeds, chia seeds
- Salad Dressings - Tessame, Bolthouse Farms, Primal Kitchen, Marie's, Simply 60, G. Hughes
- Primal Kitchen No Soy Teriyaki

FRUIT & VEGETABLES

- Picking in-season produce will ensure the freshest selection
- Fresh and/or frozen - both are great!
- Unsweetened dried fruit
- Frozen Veggie Blends - Spaghetti Squash, Cauliflower Rice, Stir Fry
- Salsa
- Tomato Sauce - Raos
- Acai Frozen Smoothie Packets

**Canned foods are okay for fruits/veggies in addition to fresh/frozen*

STARCH

- Whole wheat bread – Dave's Killer, Alvarado Street Bakery, Ezekiel, any 100% whole wheat brand
- Whole wheat flatbread or tortillas - Flat Out, Tumaros
- Brown rice, quinoa, farro, teff - dry, precooked pouches
- Naan
- Whole Wheat Pasta, Banza Pasta
- Starchy vegetables: potatoes, corn & peas
- Black beans, chickpeas, lentils - dry, canned and ideally low sodium
- Steel cut oats – Bob's Red Mill, Quaker Steel Cut Oats
- Air Popped Popcorn (Skinny Pop, Boom Chicka Pop, Lesser Evil)
- 100% whole wheat or sourdough pretzels, rice cakes

DAIRY

- Non-fat yogurt - Siggis, Fage, plain Greek yogurt, Chobani, Dannon Light and Fit
- Low-fat cheese - Laughing Cow, Babybel, mozzarella, cottage, ricotta
- Reduced fat milk – 1 or 2%
- Nut Milk – Silk Protein & Nutmilk, Ripple Pea Protein Milk, Dream Boosted Original Almond, MALK, Elmhurst, Califia Farms