

OnPoint Nutrition

SHOPPING LIST



PROTEIN FOODS

- Eggs – free range if possible. Liquid egg whites
- Fish – wild caught (salmon, tuna, tilapia, halibut)
- Tofu – extra firm
- Protein Bars- NuGo, RX, Luna Protein, Clif Builder Bar
- Seitan, tempeh, veggie burgers (15-20g protein)
- Protein Powder- Vega, Plant Fusion, Garden of Life
15-20g protein + <10g carbohydrates
- Black beans, chickpeas, lentils

FRUIT & VEGETABLES

- Picking in-season produce will ensure the freshest selection
- fresh and/or frozen - both are great!

STARCH

- Whole wheat bread– Dave’s Killer, Alvarado Street Bakery, Ezekiel, any 100% whole wheat brand
- Whole wheat flatbread or tortillas
- Brown rice, quinoa, farro, teff
- Starchy vegetables: potatoes, corn & peas
- Black beans, chickpeas, lentils
- Steel cut oats – Bob’s Red Mill, Quaker Steel Cut Oats
- Air Popped Popcorn (Skinny Pop, Boom Chicka Pop),
- 100% whole wheat or sourdough pretzels, rice cakes

DAIRY

- Non-fat yogurt - Siggis, Fage, plain Greek yogurt
- 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,

FAT

- Unsalted nuts – almonds, cashews, walnuts, pecans
- Nut butter – Justin’s, Crazy Richard’s
- Canola oil, olive oil
- Avocado
- Flax seeds, chia seeds
- Hummus, salsa, soy sauce, fat free salad dressing, spices

PROTEIN FOODS

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FRUIT & VEGETABLES

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STARCH

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DAIRY

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FAT

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