



Protein Anchors

- Chicken breast or thighs
- Ground turkey or chicken
- Grass-fed beef or bison
- Wild-caught salmon
- Sardines or canned salmon
- Eggs
- Plain Greek yogurt or skyr
- Tofu or tempeh

Healthy Fats

- Extra-virgin olive oil
- Avocado oil
- Avocados
- Olives

Nuts and seeds

- Tahini
- Grass-fed butter or ghee
- Coconut milk

Quick Shortcuts

- Rotisserie chicken
- Pre-washed greens
- Canned wild fish
- Hard-boiled eggs
- Single-serve guacamole

Vegetables (Fiber & Volume)

- Broccoli
- Cauliflower
- Zucchini
- Bell peppers
- Asparagus
- Green beans
- Mushrooms
- Spinach
- Arugula
- Cabbage
- Carrots
- Cucumbers

Higher-Energy Carbohydrates

- Berries
- Apples
- Citrus
- Potatoes
- Sweet potatoes
- Beets
- Legumes
- Quinoa
- Buckwheat

Freezer Staples

- Frozen vegetables
- Frozen shrimp
- Frozen fish fillets
- Cooked proteins from meal prep