

## Your Sample Groceries List

People often wonder why they or their children's waist lines are growing. One of the biggest reasons nutritionally is that the home is filled with junk food. There is a simple solution to this: **DON'T BUY JUNK FOOD!!!** Make your home a safe place in terms of eating, this way it's harder for you, your kids, family, or friends to get fat, sick, and lazy while in your home. Take this sample groceries list to fill your home with quality foods.

<b>Proteins</b>	<b>Healthy Fats</b>	<b>Fibrous Carbs</b>	<b>Complex Carbs</b>
Chicken breast	Nuts (natural)	Leafy greens (spinach)	Oatmeal (not quick)
Lean ground turkey	Avocado	Broccoli	Potato (baby)
Lean ham	Olive oil	Asparagus	Sweet potato
Top round steak	Flax seed	Peppers	Oat bran cereal
Top sirloin	Flax oil	Carrots	Quinoa
Extra lean ground beef	Organic Nut butter	Celery	Brown rice
Buffalo	Low fat cheese	Green beans	Sprouted grain bread
Salmon		Tomato	Whole wheat pasta
Tuna	<b>Condiments</b>	Zucchini	Pita bread (Naan)
Eggs or egg whites	Balsamic vinegar	Apples	Yogurt organic
Low fat cottage cheese	Mustard	Banana	
Lentils	Soy sauce	Berries	<b>Beverages</b>
Beans	Honey	Citrus fruits	Water
	Spices		Green tea
	Garlic		Milk skim-1%
	Extracts (vanilla)		
	Low salt broths		
	pasta sauce		

### Recommended Cooking Tools:

- **Wok** for quick and easy stir fry's
- **Slow Cooker**, make three or four meals all at once
- **Blender/Magic Bullet** make quick smoothies in under a minute
- **Hamilton Beach Grill** cook your meats or a wrap in minutes
- **Veggie Chopper** turn minutes of food prep into seconds
- **Measuring cups and spoons** know how much you're eating
- **Tupperware & Ziplock bags** great way to store leftovers for lunch

