

# GROCERY LIST



## CARBS + FAT OPTIONS

- Chia Seed
- Fruit & Nut Butter
- Berries & Coconut Milk
- Peanut Butter & Banana
- Chocolate Bar
- Coconut Cookies
- Nut Butter Fudge
- Avocado Toast
- Bread & Olive Oil
- Donuts
- Fries
- Dried Coconut Flakes
- Coconut Flour
- Potato Chips
- Tortilla Chips
- Popcorn & Butter
- Fried Plantains in Oil
- Chocolate Covered Fruit

## CARBS

- 1st Phorm Ignition
- Fruit
- Dried Fruit
- Potatoes
- Squash
- Root Vegetables
- Rice
- Honey / Syrup
- Corn Tortillas
- Popcorn (plain)
- Jam / Jelly
- Rice
- Honey / Syrup
- Corn Tortillas
- Popcorn (plain)
- Jam / Jelly
- Kombucha
- Juice / Gatorade
- Cereal
- Breads
- Balsamic Vinegar
- Sundried Tomatoes

**\*\*Use sparingly\*\***

- Wine/Beer
- Gummies / Candy

## CARBS + PROTEIN

- 1st Phorm Level-1 Protein
- 1st Phorm Vegan Power Pro
- 1st Phorm Level-1 Bars
- Non-Fat flavored yogurt
- Oats, Yogurt & Protein Powder
- Crackers & Deli Meat
- Protein Shake & Fruit
- Fruit & non-fat yogurt
- Egg whites & potatoes
- Tuna & Rice Poke Bowl
- Quinoa
- Wild Rice
- Beans / Lentils/ Peas
- Whole Wheat Bread
- Cereal & Skim Milk
- Whole Grain Crackers
- Non-Fat Sorbet / Fro-Yo
- Veggie Burger
- Fat-Free Pudding
- Non-Fat Chocolate Milk

## PROTEINS

- 1st Phorm Level 1 Protein
- 1st Phorm Phormula-1
- 1st Phorm Vegan Power Pro
- Deli Meat
- Egg Whites
- Whey Protein
- Turkey Breast
- Chicken Breast
- Pork Tenderloin
- Turkey Jerky
- Soy/Tofu
- Shrimp
- Canned Tuna in Water
- Black Bean Pasta
- Cod/Flounder
- Non-Fat Cottage Cheese
- Non-Fat Ricotta
- Collagen Peptides
- Bone Broth (non-fat)

## PROTEIN + FAT

- 1st Phorm Level-1 Bars
- Hummus
- Cheeses
- Nut Butter
- Steak / Beef
- Beef/Pork Jerky
- Bacon
- Pork Belly
- Choriza / Sausage
- Chicken Thighs
- Salmon (Fatty Fish)
- Canned Oysters / Sardines
- Eggs / Egg Yolks
- Whole Milk
- Plain Whole Yogurt / Dairy
- Full-Fat Sour Cream
- Cottage Cheese
- Coconut Milk Protein Shake

## FATS

- Olive Oil
- Olives
- Avocado
- Coconut Oil
- Coconut Milk
- Almonds
- Almonds
- Almonds
- Walnuts
- Brazil Nuts
- Nut Butter
- Mayonnaise
- Butter / Ghee
- Bone Marrow
- Fish Oil
- Sesame Oil
- Flax Seeds
- Hemp Hearts
- Salad Dressing
- 90% Dark Chocolate
- Almond Flour
- Macadamia Nuts