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# SHOPPING LIST



## PRODUCE

- All Fresh Fruits
- All Fresh Vegetables
- Whole Foods Salad Greens (all varieties)
- Veggie Noodle Co. Spiralized Vegetables (all varieties)
- Veggie Noodle Co. Sweet Potato Hash
- Jicama Sticks
- Love Beets (all varieties)

## SEAFOOD

- Local Black Drum Fillet
- King Salmon Fillet
- Wild Caught Dover Sole Fillet
- Local Gulf White Shrimp

## BUTCHER COUNTER

- Ground Buffalo 96% Lean
- Boneless Pork Loin Chop
- Ground Beef 95% Lean
- Ground Turkey Breast
- Ground Chicken Breast
- Chicken Breast Cutlet
- Boneless Skinless Chicken Breast
- Boneless Skinless Chicken Thighs

## PROTEIN

- 365 Fresh Chicken Boneless, Skinless Breast
- 365 Fresh Chicken Boneless, Skinless Thighs
- Whole Foods Boneless, Skinless Breast
- Whole Foods Boneless, Skinless Thighs
- Diestel Oven Roasted Turkey Breast: Low Sodium | No Salt Added (all flavors)

## DAIRY

- Fage 0% Plain Yogurt (single & tub)
- 365 0% Plain Greek Yogurt (single & tub)
- Siggi's Plain 0% Yogurt (single & tub)
- 365 Liquid Egg Whites
- Organic Valley Organic Free Range Brown Eggs
- Allfresco Eggs Pasture-Raised Eggs (all sizes)

## FROZEN FRUITS | VEGETABLES

- 365 Frozen Berries (all varieties)
- Inner-Eco Coconut with Cacao Packets
- Sambazon Performance Protein Acai Packets
- 365 Frozen Vegetables
  - Riced Cauliflower
  - Frozen Spinach
  - Frozen Broccoli
  - Brussels Sprouts
- Boulder Canyon
  - Riced Sweet Potato
  - Riced Broccoli
  - Riced Cauliflower

## FROZEN PROTEIN

- Whole Catch: Frozen
  - Salmon Filet
  - Tuna Steaks
  - Swordfish
  - Monkfish
  - Scallops
  - Alaskan Salmon Burger
  - White Shrimp
- 365 Frozen Boneless, Skinless Chicken
  - Breast
  - Tenders
  - Thighs
- Paul Gaspard Seafood Clean & Peeled Crawfish Tails





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# EAT FIT SHOPPING LIST

## DAIRY ALTERNATIVES

- Earth Balance Butter (all varieties)
  - Tubs
  - Sticks
- Kite Hill Artisan Almond Milk Product
  - Soft Fresh Truffle Dill and Chive
  - Soft Fresh Original
  - Ricotta
  - Soft Ripened
- Upton's Naturals
  - Traditional
  - Italian
  - Bacon
  - Chick
- 365 Almond Milk
  - Unsweetened Original
  - Unsweetened Vanilla
- 365 Soy Milk: Unsweetened Original
- Almond Breeze Almond Milk
  - Unsweetened Original
  - Unsweetened Vanilla
- Almond Breeze Almond Cashew Milk
  - Unsweetened Original
  - Unsweetened Vanilla
- So Delicious Coconut Milk
  - Unsweetened Plain
  - Unsweetened Vanilla
- Kite Hill Almond Milk Yogurt
  - Plain Unsweetened
  - Plain
- Califia Farms Unsweetened Vanilla Almond Milk
- Califia Farms Unsweetened Almond Milk Creamer
- Califia Farms Better Half Unsweetened Coconut Cream and Almond Milk

## VEGETARIAN PROTEIN

- 365 Tofu
  - Extra Firm
  - Soft
- House Foods Tofu Shirataki
- Lightlife Tempeh
  - Original
  - Flax
  - 3 Grain

## CANNED GOODS | DRY GOODS

### CANNED VEGETABLES | FISH

- 365 No Salt Added Canned Vegetables
  - Cut Green Beans
  - Sweet Peas
  - Sliced Beets
  - Black Beans
  - Black Eyed Peas
  - Garbanzo Beans
  - Pinto Beans
  - Dark Red Kidney Beans
  - Cannellini Beans
- Rick's Picks Phat Beets
- 365 Chunk Light Tuna, No Salt Added
- Wild Planet Wild Alaskan Pink Salmon, No Salt Added
- BELA Portuguese Sardines (all flavors)

### GRAINS | PASTA

- Konriko Brown Rice Bag
- 365 Quinoa
- 365 Long Grain Brown Rice
- 365 Short Grain Brown Rice
- 365 Indian Basmati Brown Rice
- Modern Table Meals Gluten Free Pasta (all varieties)
- Modern Table Meals in a Bag (all flavors)
- Ancient Harvest POW! Pasta
  - Green Lentil Spaghetti
  - Red Lentil Linguine
- 365 Whole Wheat Pasta (all varieties)
- Tolerant Black Bean Pasta (all varieties)
- Tolerant Red Lentil Pasta (all varieties)

### BULK DRY GOODS

- 365 Dry Beans and Lentils (all varieties)
- Flax Seeds
- Chia Seeds
- Nutritional Yeast
- Garbanzo Flour
- Almond Flour
- Hulled Hemp Seed
- Pecans
- Almonds
- Brazil Nuts





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# EAT FIT SHOPPING LIST

## WHOLE BODY

### SUPPLEMENTS

- 365 MCT Oil
  - Vanilla
  - Unflavored
- 365 Coconut Oil
- 365 Psyllium Husks
- 365 Nutritional Yeast Powder

### SMOOTHIE ADD-INS

- Nuun Energy Tablets (all flavors)
- 365 Organic Hemp Seeds
- 365 Organic Flaxseeds
- 365 Organic Chia Seeds
- 365 Organic White & Black Chia Seeds
- Whole Foods Market Super Greens and Probiotic: Mixed Berry
- Whole Foods Market Super Green Energy Blend: Mixed Berry
- Whole Foods Market Organic Wheatgrass Powder
- Gaia Turmeric Boost Restore
- Organic Beet Root

### PROTEIN POWDERS

- 365 Whey Protein Powder: Natural Vanilla
- Garden of Life Raw Organic Protein
  - Chocolate
  - Vanilla
  - Unsweetened
  - Vanilla Chai
- Whole Foods Market Plant Based Fit Protein
  - Chocolate Cinnamon
  - Vanilla Cinnamon
- SFH Pure Whey Protein
  - Strawberry Cream
  - Chocolate
  - Vanilla
  - Coconut
  - Natural
- 365 Pea Protein: Unflavored
- Whole Foods Plant Based Recovery Sports Protein
  - Vanilla
  - Chocolate

### NUTRITION BARS

- Oatmega (all flavors)
- Think Thin Plant Based High Protein (all flavors)
- Think Thin Bars
  - High Protein (all flavors)
  - Protein and Fiber (all flavors)
- KIND Bars
  - Strong and Kind (all flavors)
  - Nuts and Spices (all flavors)
- Epic Bar: Chicken Sriracha
- Quest Protein Bars (all flavors)
- Primal Kitchen
  - Dark Chocolate Almond Bar
  - Coconut Almond Bar
  - Macadamia Sea Salt Bar
  - Chocolate Hazelnut Bar

### CEREAL | GRANOLA | OATMEAL

- Engine 2 Plant Strong Rip's Power-Up Bowl (all flavors)
- Engine 2 Plant Strong Cereal (all flavors)
- Barbara's Puffins: Original
- Engine 2 Plant Strong Granola (all flavors)
- Wildway Grain-Free Granola (all flavors)
- PaleoNOLA Grain Free Granola (all flavors)
- 365 Steel Cut Oats Can
- 365 Rolled Oats Can
- 365 Quick Oats Can
- 365 Original Instant Oatmeal Packets
- Wildway Grain-Free Hot Cereal (all flavors)
- 365 Instant Hot Cereal: Multigrain with Flax Packets

### SHELF STABLE MILK

- 365 Soymilk Unsweetened
- 365 Almond Milk Unsweetened
- Dream Boosted Almond Beverage
- Dream Boosted Coconut Beverage
- Orgain Protein Almond Milk: Unsweetened
- Engine 2 Almond Milk
  - Unsweetened Original
  - Unsweetened Vanilla

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# EAT FIT SHOPPING LIST

## SHELF STABLE MILK Cont.

- So Delicious Coconut Milk
  - Unsweetened Plain
  - Unsweetened Vanilla
- Almond Breeze Almond Milk
  - Unsweetened Original
  - Unsweetened Vanilla
  - Unsweetened Chocolate
- Almond Breeze Almond Coconut Milk
  - Unsweetened Original
  - Unsweetened Vanilla

## STOCKS | BROTHS

- Pacific Bone Stock
  - Unsalted Chicken
  - Unsalted Turkey
  - Unsalted Vegetable
- Pacific Bone Broth
  - Turkey
  - Chicken
- 365 Low Sodium Broth
  - Chicken
  - Vegetable
- Engine 2 Low Sodium Vegetable Broth

## SOUPS

- Dr. McDougall's Soup: Low Sodium
  - Quinoa Vegetable
  - French Lentil
  - Black Bean
  - Split Pea
  - Garden Vegetable
- Engine 2 Soups
  - Firehouse Chili
  - Moroccan Style Stew
- 365 Vegetable Medley Soup
- Amy's Low Sodium Soups
  - Lentil
  - Lentil Vegetable
  - Split Pea
  - Butternut Squash

## SPAGHETTI | TOMATO SAUCE

- Walnut Acres Organic Tomato Sauce: No Salt Added (all flavors)
- Sal and Judy's Heart Smart Italian Sauce
  - Roasted Garlic
  - Chunky
- Engine 2 Pasta Sauce
  - Tomato Basil
  - Red Bell Pepper
- 365 Diced Canned Tomato Sauce: No Salt Added
- 365 Tomato Paste: No Salt Added
- Muir Glen Tomato Sauce: No Salt Added
- Pomi Strained Tomatoes

## SALAD DRESSINGS

- Annie's Salad Dressings
  - Organic Balsamic Vinaigrette
- Bragg's Salad Dressings
  - Apple Cider Vinaigrette
  - Pomegranate Vinaigrette
  - Vinaigrette
- 365 Raspberry Vinaigrette
- Whole Foods Market: Health Starts Here Salad Dressings (all flavors)
- Sass Undressed Raspberry Vinaigrette
- Hanley's Strawberry Vinaigrette

## INTERNATIONAL FOODS

- Vietnamese Brown Rice Noodles
- Vietnamese Green Tea Brown Rice Noodles
- Happy Pho Shiitake Mushrooms
- Happy Pho Garlic Goddess
- Happy Pho Zesty Ginger
- Miracle Noodle (all flavors)
- Miracle Rice
- Happy Pho Vietnamese Brown Rice Spring Roll Wrapper





# EAT FIT SHOPPING LIST

## PANTRY

### OILS | VINEGARS

- 365 Unfiltered Extra Virgin Olive Oil
- 365 Unfiltered Spanish Extra Virgin Olive Oil
- 365 Organic Olive Oil Non-Stick Cooking Spray
- Bragg's Apple Cider Vinegar
- 365 Balsamic Vinegar

### SEASONING | CONDIMENTS

- Paul Prudhomme's Magic Seasoning: No Salt, No Sugar (all flavors)
- 365 Mustard (all flavors)
- Westbrae Naturals Unsweetened Ketchup
- Red Duck Ketchup: Smoky
- 365 Light Mayo
- Primal Kitchen Mayo with Avocado Oil
  - Chipotle Lime Mayo
  - Mayo
- Ninja Squirrel Sriracha Hot Sauce
- Tabasco Hot Sauce
- Bragg's Liquid Amino's Spray Bottle
- Coconut Secret Coconut Aminos

### NUT BUTTERS

- 365 Cashew Butter: Creamy
- 365 Peanut Butter
  - Unsweetened
  - No Salt, Creamy
- 365 Almond Butter (all flavors)
- PB2 Powder
  - Vanilla
  - Chocolate
- Sunbutter Sunflower Butter
  - Natural
- Wild Friends Almond Butter: Vanilla Espresso
- YumButter Superfood
  - Sunflower Butter
  - Cashew Butter
  - Peanut Butter
  - Almond Butter

### COOKING | SWEETENERS

- 365 Whole Wheat Bread Crumbs
- Bob's Red Mill Flours
  - Garbanzo Flour
  - Almond Flour
  - Coconut Flour
- Madhava Organic Agave Five
- Swerve
  - Granular
  - Confectioner
- 365 Stevia Extract Liquid
- 365 Stevia Powder
- 365 French Vanilla Stevia Extract Packets

### BREADS | WRAPS | CRUSTS

- Dave's Killer Good Seed Bread Thin Sliced
- Dave's Killer 21 Whole Grains and Seeds Thin Sliced
- Food For Life Gluten Free Bread
- Canyon Bakehouse Bread
- Silver Hills Sprouted Whole Grain The Big 16
- Ezekiel 4:9
  - Bread (all varieties)
  - English Muffins (all varieties)
  - Pita (all varieties)
- Julian Bakery Paleo Wraps
- Engine 2 Sprouted Ancient Grains Tortillas
- Engine 2 Stone Baked Pizza Crust: 100% Whole Wheat

### FROZEN BURGERS | BREAKFAST

- Gardein Ultimate Beefless Burger
- Boca Vegan Veggie Burger
- Heidi's Hens Organic Turkey Burger
- Mikey's Muffins (all flavors)
- Good Food Made Simple Egg White Patties





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# EAT FIT SHOPPING LIST

## HUMMUS | SALSA | DIPS

- Whole Food Market Hummus
  - Low Fat
- Engine 2 Hummus (all varieties)
- Green Mountain Gringo Salsa
- SantaFe Ole Salsa
  - Roasted Green Chili (all varieties)
- My Brother's Salsa
  - Original (all varieties)
  - Black Bean & Corn
- Wholly Guacamole Minis (all flavors)

## CHIPS | POPCORN | CRACKERS

- Beanfields Bean Chips (all flavors)
- Beanitos (all flavors)
- Skinny Pop (all flavors)
- 365 Reduced Fat + Sodium Popcorn
- Pipcorn
  - Sea Salt
  - Truffle
  - Salt and Vinegar
- Arrowhead Mills Popcorn Kernels
- Back to Nature
  - Harvest Whole Wheat Crackers
  - Cracked Black Pepper Harvest Whole Wheat Crackers
- Engine 2 Crispbread (all flavors)
- Mary's Gone Crackers (all flavors)
- Mary's Gone Crackers Mini Grahams
  - Cocoa
  - Vanilla
  - Graham
- Doctors Krackers (all snackers and crispbreads)
- Lundberg Thin Stackers (all flavors)

## ICE CREAMS

- So Delicious Dairy Free Coconut Milk: No Sugar Added Ice Cream (all flavors)
- Halo Top Ice Cream (all flavors)
- Arctic Zero Ice Cream (all flavors)
- So Delicious Dairy Free Coconut Milk: No Sugar Added Fudge Bars

## MISC. SNACKS

- Dang No Sugar Added Coconut Chips
- Rhythm Superfoods Kale Chips (all flavors)
- Rhythm Superfoods Broccoli Bites (all flavors)
- Rhythm Superfoods Beet Chips (all flavors)
- Brussel Bytes
- Brad's Brussel Poppers (all flavors)
- Alive & Radiant Foods Kale Krunch (all flavors)
- 365 Freeze Dried Fruit (all flavors)
- Saffron Road
  - Falafel Crunchy Chickpeas
  - Bombay Spice Chickpeas
- Peas Please Snap Peas
- Vermont Minis Jerky

## SWEET SNACKS

- Taza Chocolate Stone Ground 0.85 oz
- Go Raw Super Raw Chocolate (all flavors)
- Eating Evolved Primal Chocolate
  - Midnight Coconut No Sugar Added
- Nutiva O'Coconut Treat 0.5oz
  - Classic
  - Hemp & Chai
- Green Plate Foods Fruit Bites
  - Blueberry Pistachio
  - Cherry Chocolate
  - Apricot Cranberry
- Veggie - Go's
  - Sweet Potato Pie
  - Cinnamon Spiced Beet
  - Mountain Berry Spinach
- Living Raw Kickin'
  - Cayenne Truffles
  - Coconut Karma
  - Darkest Cacao
  - Almond Avalanche
- Navitas Naturals Regular Cacao Nibs
- Acalli Chocolate 70%





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# EAT FIT SHOPPING LIST

## BEVERAGES

- Whole Foods Sparkling Mineral Water (all flavors)
- 365 Electrolyte Water
- 365 Plain Coconut Water (can or carton)
- Madhava Agave 5 Drink Mix (all flavors)
- Hint Water (all flavors)
- Leaf and Love Organic Lemonade
- Vitamin Water Zero (all flavors)
- RW Knudsen Organic Very Veggie Low Sodium
- Lakewood Organic Pure Beet
- Lakewood Organic Pure Carrot
- Orgain Organic Nutritional Protein Shake
  - Vanilla
  - Chocolate
- Orgain Grassfed Nutritional Protein Shake
  - Vanilla
  - Chocolate
- Orgain Cold Brew Coffee + Protein
  - Iced Coffee
  - Iced Mocha
- LA Sister's Bloody Mary Mix
- Zevia (all flavors)
- La Croix (all flavors)
- Stur Liquid Water Enhancers
- RUNA Clean Energy Drink
  - Unsweetened Blood Orange
  - Unsweetened Lime

## TEA

- 365 Yerba Mate
- Republic of Tea Matchia (all flavors)
- Republic of Tea White Tea (all flavors)
- Republic of Tea Green Tea (all flavors)
- 365 Green Tea
- 365 Unsweetened Green Tea
- 365 Unsweetened Black Tea
- 365 Unsweetened Lemongrass Ginger Green Tea

## REFRIGERATED GRAB N' GO

- Big Easy Bucha (all flavors)
- Suja Juice
  - Twelve Essentials Green Juice
- Daily Greens
  - Purity Juice
- Evolution Juice
  - Fresh Essential Greens with Lime
- 365 Coconut Water
- Whole Foods Sparkling Mineral Water (all flavors)
- La Croix (all flavors)
- Zevia (all flavors)

## COFFEE

- Cool Brew (all flavors)
- N.O. Brew New Orleans Style Iced Coffee (all flavors)
- French Truck Cold Brew Coffee (all flavors)
- French Truck Coffee Bags (all flavors)
- French Market Coffee Bags (all flavors)
- Community Coffee Bags (all flavors)
- Orgain Cold Brew Coffee + Protein Iced
  - Mocha
  - Coffee
- 365 Coffee (all varieties of roast)

Sign up for Whole Foods + Eat Fit monthly tours + cooking demos

Check the schedule & register on the EAT FIT APP!

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