

B Kinetic Fitness Fat Loss Shopping List

bkinetic.com

| Produce (Veggies) | Produce (Veggies) | Meat / Seafood | Dairy / Eggs | Starches | Canned Goods | Frozen Foods |
|---------------------------------------|---|---|---|--|---|---|
| <input type="checkbox"/> Salad Greens | <input type="checkbox"/> Celery | <input type="checkbox"/> Beef (loin, flank, round) | <input type="checkbox"/> Reduced Fat Shredded Mexican Cheese | <input type="checkbox"/> Low-Carb Tortillas | <input type="checkbox"/> Tuna in Water | <input type="checkbox"/> Veggies |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Beets | <input type="checkbox"/> Turkey Pepperoni | | <input type="checkbox"/> Flat Out Wraps | <input type="checkbox"/> Beans | <input type="checkbox"/> Shelled Edamame |
| <input type="checkbox"/> Parsnips | <input type="checkbox"/> Herbs | <input type="checkbox"/> Chicken Breast/Thighs (boneless, skinless) | <input type="checkbox"/> Light String Cheese/Babybel/Laughing Cow | <input type="checkbox"/> Better Oats Oat Fit Instant Oatmeal | <input type="checkbox"/> Diced Tomatoes | <input type="checkbox"/> Ezekiel English Muffins |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kale | | | | <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Fruit (<i>great for protein shakes</i>) |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Turkey Breast | <input type="checkbox"/> Eggs | <input type="checkbox"/> Sandwich Thins | <input type="checkbox"/> Diced Green Chiles | |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Carrots | <input type="checkbox"/> Lean Gr. Turkey/Beef | <input type="checkbox"/> Reduced Fat Crumbled Feta Cheese | <input type="checkbox"/> Brown/White/Wild Rice | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Poultry |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Turkey Sausage Patties | | <input type="checkbox"/> Lentils | <input type="checkbox"/> Chicken | <input type="checkbox"/> Seafood |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Broccoli/Broccoli Slaw | <input type="checkbox"/> Pork Tenderloin/Chops | <input type="checkbox"/> Liquid Egg Whites | <input type="checkbox"/> Couscous | <input type="checkbox"/> Salmon | <input type="checkbox"/> |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Squash/Zucchini | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Sardines/Anchovies | <input type="checkbox"/> |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Tilapia/Salmon | <input type="checkbox"/> Greek Yogurt (low sugar) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Snow Peas | <input type="checkbox"/> Yellowfin Tuna | <input type="checkbox"/> Swiss Cheese | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Produce (Fruit) | Produce (Fruit) | Condiments | Snacks | Seasonings / Spices | Baking | Miscellaneous |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Coconut Oil (refined) | <input type="checkbox"/> Nut Thins | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Coconut Milk (unsweetened, carton) | <input type="checkbox"/> Whey Protein Powder (<i>Cellucor, Optimum Nutrition, Tera's Whey, Vega, Jay Robb, About Time, Quest</i>) |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Avocado | <input type="checkbox"/> Olive Oil (extra virgin) | <input type="checkbox"/> Hummus | <input type="checkbox"/> Garlic Powder | | |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Guacamole | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Kodiak Cakes Power Cakes | |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cherries | <input type="checkbox"/> Reduced Fat Mayo | <input type="checkbox"/> 100-Calorie Nut Packets | <input type="checkbox"/> Cinnamon | | |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Kiwi Fruit | <input type="checkbox"/> Spicy Mustard | <input type="checkbox"/> 94% Fat Free Popcorn | <input type="checkbox"/> Sea Salt | <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Quest Bars |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Mangos | <input type="checkbox"/> Sriracha | <input type="checkbox"/> Natural Nut Butter (no sugar added) - <i>Justin's, Barney Butter, Nuts 'n More, Nutzo, Buff Bake</i> | <input type="checkbox"/> Pepper | <input type="checkbox"/> Vanilla Extract | <input type="checkbox"/> Think Thin Bars |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Frank's Red Hot Sauce | | <input type="checkbox"/> Paprika | <input type="checkbox"/> Baking Soda | <input type="checkbox"/> Epic Bars |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Low Sodium Beef Jerky | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Lara Bars |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Lemons | <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Dried Edamame | <input type="checkbox"/> Cumin | <input type="checkbox"/> Almond Milk (unsweet.) | <input type="checkbox"/> |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Limes | <input type="checkbox"/> White Vinegar | <input type="checkbox"/> | <input type="checkbox"/> Mrs. Dash/Flavor God | <input type="checkbox"/> Applesauce (unsweet.) | <input type="checkbox"/> |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Papaya | <input type="checkbox"/> Coconut Aminos | | | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> |