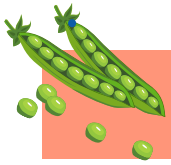
More Energy
GROCERY LIST

You will find the 7-Day Meal Plan for More Energy diet **here**.

PRODUCE

- Lettuce
- Carrots
- Kale or spinach (for smoothies)
- Cauliflower
- Cabbage
- Broccoli
- Scallions
- Onion
- Garlic
- Avocado
- Arugula
- Cucumber
- Cherry tomatoes
- Parsley
- Lemon / lime
- Bell pepper
- Sweet potato
- Fresh herbs (cilantro/mint/basil)
- Fresh ginger
- Banana
- Seasonal fruit (for snacks)



FROZEN

- frozen peas
- unsweetened frozen fruit (for smoothies)
- corn (or canned)

FISH, EGGS, DAIRY

- Eggs
- Salmon filet
- Chicken
- Feta
- Almond milk or other milk of choice

NUTS & SEEDS

- Cashews
- Sesame seeds
- Raw nuts (optional, for snacks)
- Chia seeds (optional for the chia pudding snack)

PANTRY

- Quinoa
- Lentils (green or brown)
- Bread
- Tortillas (for wraps)
- Tamari sauce
- Sesame oil
- Olive oil
- Olives
- Canned chickpeas
- Canned beans

SPICES

- Paprika
- Black pepper
- Salt
- Basil
- Crushed red pepper

OPTIONAL

- Tzatziki (or buy ingredients to make make yourself)
- Hummus (or buy ingredients to make make yourself)

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