



B Fearless Lean Flow Program Grocery List

Each Main Meal should be balanced with Lean Protein, Complex Carbs, Vegetables and Essential Fats.

Snacks can consist of Fruit (2-3 servings per DAY), yogurt, protein shake or protein bar, hard boiled eggs, nuts, etc.

- Each meal should have whole, natural foods. Foods that aren't packaged, processed, or preserved.
- Drink a minimum of 12-16 cups of water a day (3-4 liters)
- Avoid foods that are processed, refined, fried, high in saturated fats, high in trans fats and high in sugar content. NO FAST FOOD
- Be conscious of your portion size and savor the food you are eating, take your time.
- Cook at home, restaurants add things such as salt, butter etc. At home you know what's going into your food.

Protein

Boneless/skinless chicken breast

Eggs/egg whites

Lean Turkey Breast

Lean Deli Meat

Lean Red Meat

Scallops

Shrimp

Salmon

Tilapia

Tuna

Lamb

Venison and any Lean Wild meat

Protein Powder (Dairy or Plant based)

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Protein Bars (Low sugar)

*Tofu

*Vegetarian Meat Substitute

Fruits

Apple

Banana

Blueberries

Cantaloupe

Cherries

Clementines

Dates

Grapes

Kiwi

Lemon

Limes

Mango

Nectarines

Oranges

Peaches

Pears

Pineapple

Raspberries

Strawberries

Watermelon

Vegetables

Asparagus

Avocado

Bell Peppers

Broccoli

Brussel Sprouts

Butternut Squash

Cabbage

Carrots

Cauliflower

Celery

Cherry Tomatoes

Corn

Cucumber

Eggplant

Garlic

Jalapenos

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Kale
Lettuce
Mushrooms
Onions
Spinach
Sweet Potatoes
Tomato
Zucchini

Breads, Flours & Grains

Ezekiel Bread (frozen/refrigerated section)
Whole Grain Bread
Whole Grain Pasta
Whole Grain Wraps
Whole Grain Flour
Gluten Free Flour
Quinoa Flour
Coconut Flour
Buckwheat
Brown Rice
Quinoa
Spelt
Rice Cakes

Pantry

Black Beans
Chia Seeds
Chickpeas
Coffee (black)
-Dark Chocolate (70-80% cacao)
Green Tea
Lentils
Spices
Stevia
Oatmeal (old fashioned or steel cut, no flavored oatmeal packets)

Essential Fats & Oils

Almonds
Avocado
Avocado Oil
Cashews
Coconut
Coconut Oil

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Extra-virgin Olive Oil
Fatty Fish (salmon, sardines, tuna, mackerel & freshwater trout)
Natural peanut butter
Nuts (unsalted, unflavored)
Olives
Raw Almond Butter
Seeds
Walnuts

Dairy/Dairy Alternatives

Coconut Milk (unsweetened)
Flax Milk (Unsweetened)
Oat Milk (Unsweetened)
Rice Milk (unsweetened)
Hemp Milk (unsweetened)
Cashew Milk (unsweetened)
0% Fat Plain Greek Yogurt
Goat Cheese
Feta Cheese
Cottage Cheese

All Salt Free Spices

Condiments

Apple Cider Vinegar
Balsamic Vinegar
Hot Sauce
Hummus
Mustard
Pico De Gallo
Raspberry Vinaigrette
Vinegar
Pesto

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PROTEIN	FRUIT	VEGETABLES
<ul style="list-style-type: none"> ● Boneless/skinless chicken breast ● Eggs/egg whites ● Lean Turkey Breast ● Lean Deli Meat ● Lean Red Meat ● Scallops ● Shrimp ● Salmon ● Tilapia ● Tuna ● Lamb ● Venison and any Lean Wild meat ● Protein Powder (Dairy or Plant based) ● Protein Bars (Low sugar) ● *Tofu ● *Vegetarian Meat Substitute 	<ul style="list-style-type: none"> ● Apple ● Banana ● Blueberries ● Cantaloupe ● Cherries ● Clementines ● Dates ● Grapes ● Kiwi ● Lemon ● Limes ● Mango ● Nectarines ● Oranges ● Peaches ● Pears ● Pineapple ● Raspberries ● Strawberries ● Watermelon 	<ul style="list-style-type: none"> ● Asparagus ● Avocado ● Bell Peppers ● Broccoli ● Brussel Sprouts ● Butternut Squash ● Cabbage ● Carrots ● Cauliflower ● Celery ● Cherry Tomatoes ● Corn ● Cucumber ● Eggplant ● Garlic ● Jalapenos ● Kale ● Lettuce ● Mushrooms ● Onions ● Spinach ● Sweet Potatoes ● Tomato ● Zucchini

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BREADS, FLOURS & GRAIN	ESSENTIAL FATS & OILS	DAIRY/DAIRY ALTERNATIVES
<ul style="list-style-type: none"> ● Ezekiel Bread (frozen / refrigerated section) ● Whole Grain Bread ● Whole Grain Pasta ● Whole Grain Wraps ● Whole Grain Flour ● Gluten Free Flour ● Quinoa Flour ● Coconut Flour ● Buckwheat ● Brown Rice ● Quinoa ● Spelt ● Rice Cakes ● Pantry ● Black Beans ● Chia Seeds ● Chickpeas ● Coffee (black) ● Dark Chocolate (70-80% cacao) ● Green Tea ● Lentils ● Spices ● Stevia ● Oatmeal (old fashioned or steel) 	<ul style="list-style-type: none"> ● Almonds ● Avocado ● Avocado Oil ● Cashews ● Coconut ● Coconut Oil ● Extra-virgin Olive Oil ● Fatty Fish (salmon, sardines, tuna, mackerel & freshwater trout) ● Natural peanut butter ● Nuts (unsalted, unflavored) ● Olives 	<ul style="list-style-type: none"> ● Coconut Milk (unsweetened) ● Flax Milk (unsweetened) ● Oat Milk (unsweetened) ● Rice Milk (unsweetened) ● Hemp Milk (unsweetened) ● Cashew Milk (unsweetened) ● 0% Fat Plain <p style="text-align: center;">CONDIMENTS</p> <ul style="list-style-type: none"> ● Apple Cider Vinegar ● Balsamic Vinegar ● Hot Sauce ● Hummus ● Mustard ● Pico De Gallo ● Raspberry Vinaigrette ● Vinegar ● Pesto <ul style="list-style-type: none"> ● All Salt Free Spices