



# Quick Guide Grocery List

FEEL GOOD | LOOK GOOD | DO GOOD

Here are a few of our favorites by store. You will find many of these staples in the recipes we share so make sure to follow us on social media and check back on our website often!

## TRADER JOES

- 3 Cheese Light Mexican Blend\*
- Arugula
- Balsamic Glaze
- Barbell's Protein Bar (to be used as a treat within your macros)
- Bell Peppers
- Blueberries
- Chicken Sausages (no sugar added)
- Chopped Onions (easy for omelettes, frittatas and soups)
- Dark Chocolate (great treat in moderation you can pre-track)
- Dry Toasted Almonds (great as a salad topping if you have fats left)
- Everything But the Bagel Seasoning
- Fat Free Cottage Cheese\*
- Fat Free Feta Cheese\*
- Fig Butter
- Flowers (because everybody deserves them:).
- Frozen Brown and Jasmine Rice\*
- Frozen Garlic Cubes
- Green Dragon Hot Sauce
- Honey Goat Cheese Chevre\*
- Jalapeno Cauliflower Dip (great for veggies or wraps)
- Kettle Chicken Soup (we use when in a pinch).
- Light Mozzarella \*
- Non Cured Apple Bacon
- Nuts (use these in moderation but a good source to have some on hand)
- Olive Oil Spray
- Persian Cucumbers
- Pico de Gallo
- Raspberries
- Salsa Verde
- Simply Roasted Chicken (pre-cooked and easy in a pinch)
- Strawberries
- Sweet Chili Sauce (a little lower in carbs than other brands)
- Tomato Basil Hummus - (great lowfat hummus option)
- Tuna
- Turkey Burgers
- Tzatziki (great for veggies and wraps)

## THRIVE

- Almond Flour
- Balsamic Vinegar
- Chomps Beef and Turkey Sticks
- Cinnamon Stevia Sweetened Gum
- Coconut Flour
- Coffee
- Davina Slice Pepperocini
- Eden Garbanzo Beans
- Eden Sauerkraut
- Hot Sauce
- Kettle and Fire Bone Broth
- Maple Syrup
- Marinara Sauce
- Olive Oil
- Organic Fruit Spread
- Peppermint Luna Bars (mostly for kids)
- Pine Nuts
- Primal Kitchen Balsamic Salad Dressing
- Stevia Packets or Liquid
- Unsweetened Coconut Milk
- Whole 30 House Ranch
- Whole 30 Secret Sauce

## COSTCO

- Asparagus
- Avocado Oil Spray
- Avocados
- Bonza Gluten Free High Protein Pasta
- Chicken Bites
- Chicken Skewers
- Chicken Tenderloins
- Coconut Oil
- Columbus Sliced Turkey Breast
- Eggs
- Frozen Avocado Chunks
- Frozen Berries
- Greenridge Farm Chicken Snack Stick
- Ground Turkey
- Kerrygold Butter\*
- Kirkland Steak Strips Jerky
- Laughing Cow Swiss Cheese\*
- Lemons/Limes
- Mushrooms
- Nutpods Creamer
- Organic Apples
- Organic Strawberries
- Packaged Rotisserie Chicken (we like this for soups, wraps and healthy casseroles)
- Pesto
- Pork Tenderloin
- Riced Cauliflower
- Sockeye Salmon
- Tillamook Jerky
- Unsweetened Coconut Milk
- Wild Caught Salmon Patties

## NATURAL GROCERS

- Apples
- Beets
- Bubbles Pickles
- Chard
- Mushrooms
- Nutritional Yeast
- Siete Jalapeno Sauce
- Siete Casava Flour Tortillas
- Spinach
- Stash Licorice Spice Tea

## BUTCHER BOX

- Chicken Tenderloins
- Cod
- Lean Ground Beef
- Sockeye Salmon

We suggest eating primarily anti-inflammatory foods. Dairy, grains and sugar are usually considered inflammatory. We did list some items above that are common and sometimes added in. Please use the items with an \* in moderation.

Whenever possible, try to choose free range, organic and wild caught options.

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