



MY SISTER'S KEEP-HER
health coaching & consulting services

Grocery List

A general food guide to help you begin making healthy choices!

FATS

Peanut Butter
Almond Butter
Avocado
Omega 3
Fish Oil
Cashews
Peanuts
Almonds
Walnuts
Olive Oil
Egg Yolk
Flax Seeds
Hemp Seeds
Chia Seeds

CARBS

(Complex Carbs)

Sweet potato
Red/white potatoes
Brown Rice
White Rice
Oatmeal
Yams
Quinoa
Rice Cakes
Couscous
Beans
Carrots
Bananas

(Fruit)

not exclusive, but a good place to start

Grapefruit
Berries
Apples
Pear
Grapes
Cantaloupe

PROTEINS

(Easy to Digest)

Chicken Breast
Turkey Breast
Egg Whites
Ground Turkey
Ground Chicken
Tuna Shrimp

(Slow to Digest)

Salmon (wild caught is best)
Chicken Thighs
Whole Egg
Ground Beef
Filet Mignon
Sirloin
Pork Tenderloin



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