



# Full Circle Wellness Grocery List

Keep all or a combination of these items in your kitchen at all times. These are the foods you *need* to properly fuel your body for your best self. Enjoy!

## Grains & 'Good Carbs'

Oats - steel cut, rolled, old fashioned  
All Bran Flakes  
Whole Grain Rice Cakes  
Corn Thins  
Quinoa  
Brown Rice/Whole Wheat Pasta  
Air Popped Popcorn  
Whole Wheat Bread/Spelt Bread/Rye Bread

## Veggies any combination of

Kale  
Spinach  
Lettuce  
Carrots  
Zucchini  
Asparagus  
Green Beans  
Bell Peppers  
Mushrooms  
Broccoli  
Cucumber  
Celery  
Sweet Potato

## Fats

Raw Almonds  
Sunflower Seeds, unsalted  
All Natural Peanut Butter  
All Natural Almond Butter  
Low Fat Hummus  
Coconut Oil  
Ground Flax Seeds



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## Fruit any combination of

Blueberries  
Strawberries  
Raspberries  
Apples  
Bananas  
Mangoes  
Oranges/Nectarines  
Papaya  
Avocados  
Tomatoes  
Dried Fruit - in moderation  
Lemon - use as condiment

## Protein/Legumes

Tuna/Tilapia/Salmon  
Eggs  
Lean Turkey Meat  
Ham  
Chicken Breast  
Biltong  
Chick Peas  
Kidney Beans  
Black Beans  
Lentils

## Dairy

Cottage Cheese  
Non-Dairy Milk  
Greek Yogurt  
or Low-Fat, Low-Sugar Yogurt  
(Parmalite, Danone)