

Cori's Grocery List

1. Fresh fruit - we like bananas, apples, oranges, raspberries, strawberries and blueberries
2. Fresh veggies - we always have baby carrots, broccoli, brussels sprouts, green beans, sweet potatoes and organic salad mix on hand
3. Avocados and individual guac packets
4. Hummus
5. Dried fruit (check for added sugar) - I love dried apricots!
6. Nuts - our go-tos are almonds and cashews
7. Unsweetened vanilla almond milk (husband prefers oat milk)
8. Protein powder - we like Orgain, or I order Plexus through a distributor
9. Protein bars - Power Crunch are my favorite; husband prefers Quest.
10. Vital proteins collagen peptides
11. Granola - Purely Elizabeth is our favorite, the grain free is good too!
12. Gluten free rolled oats
13. Chia seeds and flax seeds
14. Hemp hearts
15. Frozen fruit - acai, blueberries, dark cherries are what we keep in stock
16. Brown rice and quinoa - we like the frozen packets from Trader Joe's
17. Low carb tortillas - always on the lookout for a clean version, but for now we stick to Ole or Mission
18. Corn tortillas - the Trader Joe's brand only has a few ingredients!
19. Eggs
20. Bacon - we like the Trader Joe's fully cooked uncured
21. Meats - chicken breasts, ground turkey, lean beef
22. Lunch meat - Boars Head is our go-to
23. Canned tuna
24. Canned black beans
25. Natural peanut butter and almond butter - be sure to check for added sugar
26. Protein pancake mix - Trader Joe's or Kodiak
27. Gluten-free crispbread from Trader Joe's or gluten free crackers
28. Gluten-free bread
29. Liquid stevia
30. Coffee - we like the Wake Up Blend from Trader Joe's
31. Herbal teas - the Tazo teas are great
32. Sparkling water - LaCroix, Good & Gather (Target brand) and Trader Joe's are our favorites