

# Meal Plan: GROCERIES

**innovative results**

FITNESS | STRENGTH | NUTRITION



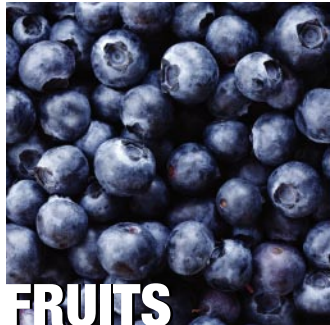
## MEATS

Organic/free Range  
Chicken Breast  
Turkey Breast  
Lean Ground Turkey  
Seafood/fish  
Grass Fed Beef  
Buffalo  
Eggs  
Wild-game Meat  
Cornish Game Hen  
Boca Burger  
Lamb  
Veal  
Calf's Liver  
Venison  
Cod  
Halibut  
Salmon  
Sardines  
Scallops  
Shrimp  
Tuna  
Lobster  
Crab  
Oysters  
Tilapia  
Orange Roughy  
Flounder  
Mahi Mahial



## VEGETABLES

Organic Alfalfa Sprouts  
Artichoke Hearts  
Asparagus  
Broccoli  
Bean Sprouts  
Bell Peppers  
Bok Choy  
Cabbage  
Capers  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Fennel  
Green Beans  
Jicama  
Lentils  
Mushrooms  
Onions  
Radish  
Romaine Lettuce  
Snow Peas  
Spinach  
Squash  
Sun Dried Tomatoes  
Tomatoes  
Zucchini



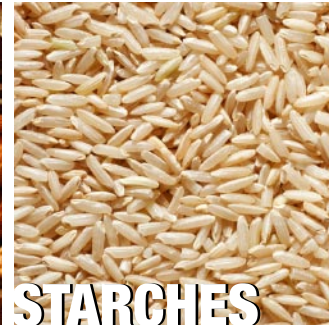
## FRUITS

Organic Grown Apple  
Orange  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Grapefruit  
Grapes  
Honey Dew  
Kiwi  
Mango  
Nectarine  
Papaya  
Peaches  
Pear  
Pineapple  
Plum  
Raspberries  
Strawberries  
Tangerine  
Watermelon



## FATS

Almonds  
Sunflower Seeds  
Pumpkin  
Walnuts  
Pecans Organic  
Peanut Butter  
Organic Almond Butter  
Extra Virgin Olive Oil  
Coconut Oil (Cooking)  
Flax Seed Oil  
Avocado  
Brazil Nuts  
Cashews  
Other Nuts  
Peanut  
Flaxseeds  
Black Olives  
Green Olives  
Kalamata Olives  
Olives - Other  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Other Seeds



## STARCHES

Bulk Rolled Oats  
Ezekial Bread  
Ezekial Tortillas  
Long Grain Brown Rice  
Whole Wheat Pasta  
Sweet Potatoes  
Red Potatoes  
Beans  
Black Beans  
Dried Peas  
Garbanzo Beans (Chickpeas)  
Kidney Beans  
Lentils  
Lima Beans  
Navy Beans  
Pinto Beans  
Snap Peas  
Barley  
Buckwheat  
Corn  
Millet  
Quinoa  
Rye  
Spelt  
Whole Wheat  
Yams



## EXTRAS

Cooking Wine  
Garlic  
Balsamic Vinegar  
Apple Cider Vinegar  
Pesto  
Green Tea  
Herbs  
Spicy Peppers  
Sea Salt  
Vinegar  
Kal Brand Stevia  
Cinnamon  
Basil  
Black Pepper  
Cayenne Pepper  
Chili Pepper, Dried  
Cilantro/coriander Seeds  
Cinnamon, Ground  
Cloves  
Cumin Seeds  
Dill  
Ginger  
Mustard Seeds  
Oregano  
Parsley  
Peppermint  
Rosemary  
Sage  
Thyme  
Turmeric

For more information call (866) 243-4472 or visit: [www.innovative-results.com](http://www.innovative-results.com)