

# A FREE SPIRIT'S ZERO EFFORT SHOPPING LIST

## Canned/Dry Goods

Beans, (black, kidney, pinto, etc.)	Non-dairy milks (almond, etc.)	Quest Protein Bars
Bread, whole grain or gluten free	Nut butters (no added sugar)	Quinoa
Chicken (canned)	Nuts (almonds, pecans, walnuts—raw, unsalted)	Salmon (canned)
Clams (canned)	Oatmeal packets (whole oats or instant steel cut, plain)	Shakeology
Crackers, whole grain	Olives	Seeds, pumpkin, sunflower, etc. (raw, unsalted)
Coconut butter (no added sugar)	Protein powder, whey or vegan	Soups (check ingredients)
Dark chocolate (72% or higher)		Tuna (canned)
Green tea		

## Fruits

Any fresh fruit	Freeze-dried fruit (no added sugar)	Plums
Apples	Grapes	Pre-cut fruit salad
Bananas	Oranges	Smoothies (no added sugar)
Berries		

## Veggies

Any easy-to-eat veggies	Hummus	Spinach-in-a-bag
Avocados	Pre-cut veggies of all types	Sweet potato
Baby carrots	Salad-in-a-bag	White potatoes
Bell peppers, all colors	Salads, pre-made	Wholly Guacamole
Cucumbers	Spaghetti squash	

## Dairy/Meat Case

Chicken tenders	Greek yogurt	Ricotta cheese
Cottage cheese	Lunchmeat (high quality)	Rotisserie chicken
Chicken sausages	Meatballs, chicken or turkey	Shrimp
Eggs, regular or hardboiled	Milk	Turkey bacon
Fish	Poached salmon	Yogurt

## Frozen

Burritos, (healthy brand like Amy's)	Fruits & berries	Sprouted corn tortillas
Chicken breast, boneless skinless	Hamburgers (100% beef, bison or turkey)	Veggie burgers
Entrees (healthy brand like Amy's)		Veggies in steamer bags

Please read ingredient lists! As a rule, the smaller the list of ingredients, the better. Choose brands that don't add crazy preservatives, artificial flavors, colors or fillers. Generally foods in the health food section are a better choice, but not always. Be an informed consumer.