

8 WEEK WEIGHT LOSS *challenge*

GROCERY LIST BASICS

- **Fruits**
berries, apples.
- **Vegetables** (particularly foods rich in prebiotics)
*mushrooms, asparagus, onions,
chickpeas, artichoke, cabbage.*
- **Whole grains**
whole grain bread, whole grain products.
- **Healthy fats**
*avocados, walnuts, hemp seeds,
flaxseeds, extra virgin oil, avocado oil.*
- **Legumes**
beans, peas, lentils,
- **Lean meats**
- **Nuts and seeds**
flax, chia, hemp seeds.
- **Low fat dairy products**
low-fat yogurt, cottage cheese, low-fat milk.