

**WHAT TO
BUY**

**BIKINI
BOOTCAMP
GROCERY LIST**

GREENS, VEGETABLES & ROOT VEGETABLES

- | | | |
|---|--------------------------------------|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Carrots | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Celery | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Sugar Snap Peas |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Kale | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Turnips |

FRUITS

- | | | |
|---------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Figs | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Guava | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Grapes | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Lemon | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lime | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Mango | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Oranges | |

GROCERY LIST



HEALTHY FATS

- Avocado Oil
- Butter (sparingly)
- Coconut Oil
- Ghee
- Macadamia Oil
- Olive Oil
- Safflower Oil
- Sesame Oil
- Walnut Oil

NUTS & SEEDS

- Almonds
- Cashews
- Chia Seeds
- Flax Seeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Quinoa
- Sesame Seeds
- Sunflower Seeds
- Walnuts

DRINKS

- Almond Milk
- Coconut Milk
- Coconut Water
- Coffee
- Hemp Milk
- Kombucha
- Sparkling Water
- Tea
- Water

PROTEINS

- Beans
- Chicken
- Eggs
- Protein Powder
- Salmon
- Tempeh
- Tofu
- Turkey

GRAINS

- Brown Rice
- Cous Cous
- Ezekiel Bread
- Oatmeal
- White Rice

GROCERY LIST



STAPLES

- Almond Flour
- Coconut Flour
- Hot Sauce
- Ketchup
- Mustard
- Nut Butters
- Pickles
- Salsa

HERBS & SPICES

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|--|-----------------------------------|
| <input type="checkbox"/> All Spice | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Sea Salt |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Nutritional Yeast | <input type="checkbox"/> Turmeric |

SUPPLEMENTS

- Fish Oil
- Greens*
- Multivitamin*
- Probiotic

*Email us at contact@supersisterfitness.com for our specific recommendations

MISC/OTHER

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