

QUICK GUIDE TO NUTRIENT DENSE FOODS

A helpful shopping list of the basics to have on hand!



PROTEIN

Chicken Breast

93/7 Beef or Turkey

Lean White Fish: Tilapia, Orange Roughy, Cod

Protein Powder, Casein, or Plant Based Protein

Egg Whites & Eggs

Tofu & Seitan



CARBS

Quick Oats, Steel Cut Oats, Old Fashion Oats, Cream of Rice or Wheat

Red Potato, Sweet Potato, or White Potato

Brown Rice, White Rice, or Quinoa

Bananas, Apples, Berries, Watermelon

Rice Cakes

Ezekiel Bread, Corn Tortillas, Daves Good Seed Bread

Nut Butters; Almond, Peanut, Sunflower, Cashew, etc

Nuts and Seeds

Coconut Oil, MCT Oil, or Olive Oil

Ghee Butter or Grass Fed Butter

Hass Avacados or Guacamole

Fuller Fat Dressings



FATS