

POWER FOOD GROCERY LIST



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- **Lean proteins:** chicken breast, turkey, firm tofu, salmon, sardines, eggs
- **Legumes & pulses:** chickpeas, lentils, black beans
- **Whole-grains:** quinoa, brown rice, oats, wild rice
- **Complex carbs:** sweet potatoes, squash, pumpkin
- **Leafy greens:** spinach, kale, collards
- **Colorful veggies:** red peppers, carrots, broccoli, beets
- **Fruits:** berries, apples, bananas
- **Nuts & seeds:** almonds, walnuts, chia seeds, flaxseeds
- **Healthy fats:** avocado, olive oil, salmon (again), chia seeds
- **Dairy or fortified alternatives:** Greek yogurt, milk/soy milk (calcium support)
- **Fermented/gut-friendly:** plain yogurt, kefir, kimchi (optional)
- **Herbs/spices:** turmeric, ginger, cinnamon — little helpers for inflammation
- **Hydration:** herbal teas, water, maybe coconut water for electrolyte boost

