

KITCHEN



FITTEST
K I T C H E N

STAPLES

PROTEIN

Chicken Breast
Chicken Thighs
Lean Ground Turkey
Lean Ground Beef
Wild Game (Bison/Elk)
Lamb/Pork Chops
Nitrate Free Bacon
Sustainable Seafood
Wild-Caught Fish
Canned Tuna/Salmon
Black Beans/Chickpeas
Bone Broth

VEGGIES

Organic Spinach/Kale
Organic Celery
Cabbage
Broccoli
Green Beans
Summer Squash
Eggplant
Cauliflower
Sweet Potatoes
Winter Squash

FRUITS

Organic Berries
Organic Cherries
Organic Tomatoes
Organic Apples
Organic Bell Peppers
Lemons/Limes
Onions
Grapefruit
Kiwi
Bananas
Dates

CARBS/FLOURS

Brown Rice
Quinoa
Gluten Free Oats/Flour
Ezekiel Bread/Tortillas
Siete Foods Tortillas
Coconut Flour
Almond Flour
Cassava Flour
Banana Flour
Tapioca Starch/Flour
Arrowroot Starch/Flour

DAIRY/NON-DAIRY

Grass-Fed Butter and Ghee
Whole Milk
Full Fat Canned Coconut Milk
Greek Yogurt (No Sugar Added)
Organic Full Fat Cheeses
Organic Cottage Cheese
Eggs (pref. local/free range)
Liquid Egg Whites
Unsweetened Almond Milk
Kite Hill Cream Cheese

HEALTHY FATS

Nuts/Seeds
Tahini
Natural Nut Butters
Coconut Butter
Cooking Oils (i.e. Olive, Coconut, Avocado)
Non-stick Cooking Spray
Unsweetened Coconut
Avocados
Chia Seeds
Flax Seeds

CONDIMENTS/ SWEETENERS

Cacao/Cocoa Powder
Carob Powder
Coconut Aminos
Nutritional Yeast
Hummus
Red Hot Sauce
Apple Cider Vinegar
Balsamic Vinegar
Natural Mustard
Low Sodium Broth
Himalayan Pink Salt
Sea Salt
Black Pepper
Dried Herbs
Mrs. Dash Seasonings
Tessemæ's Dressings
Sir Kensington
Mayonnaise
Stevia
Honey
Pure Maple Syrup
Coconut Sugar

SUPPLEMENTS/ MISC.

Collagen Peptides
Gelatin
Protein Powder
Magnesium Powder
Herbal Tea/Coffee
Sparkling Water
MCT Oil
BCAA