



GROCERY LIST

SPECIFIC SUPPORT FOR RUNNERS

MUST HAVES

PRODUCE

beets
carrots
cauliflower
cabbage
broccoli
Brussels sprouts
leafy greens
sweet potato
radish
onion
garlic
sweet pepper
apple
blueberries
bananas
cherries

OTHER

coconut oil
olive oil
apple cider vinegar
yogurt
eggs
tomato paste
coconut water
nut milk
seafood (tuna,
salmon, shrimp)
black beans
lentils
quinoa

SNACKS/SUPPLEMENTS

pumpkin seeds
meat sticks
hummus
nut butter
maca powder
sunflower seeds

BUDGET

avocado
dates
tomato
winter squash
fennel
ginger

granola
collagen
cacao
meat
goat cheese
sprouted bread

Siete tortilla chips
veggie chips
flax seed
raw/sprouted nuts

WANTS

pre-spiraled
veggies

Tessamae's or
Primal Kitchen
salad dressing
kefir

Against the Grain bagels
Siete tortilla wraps
coconut flakes

ALL ITEMS SHOULD BE REFINED SUGAR FREE, GRASS-FED, & WHOLESOME. THEY SHOULD NOT CONTAIN ANY VEGETABLE OILS, FAKE SUGARS, OR TRANS FAT. CHOOSE LOCAL INGREDIENTS WHENEVER POSSIBLE. KNOW YOUR FARMER.