



Energy-Boosting Grocery List

Stock your kitchen with these power-packed essentials.

Fruits & Veggies:

- Bananas
- Berries (blueberries, strawberries, raspberries)
- Leafy greens (spinach, kale, romaine)
- Sweet potatoes
- Avocados
- Lemons or limes
- Tomatoes
- Bell peppers

Grains & Legumes:

- Old-fashioned or steel-cut oats
- Quinoa
- Brown rice
- Lentils
- Chickpeas

Proteins:

- Eggs
- Salmon or sardines (fresh or canned)
- Chicken breast
- Greek yogurt (plain, unsweetened)
- Tofu or tempeh

Healthy Fats:

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Olive oil

Pantry Essentials:

- Nut butter (natural)
- Low-sugar trail mix
- Herbal teas
- Dark chocolate (70%+ cacao)

Optional Supplements:

- Magnesium
- Vitamin D3
- Fish oil capsules

Print and post on your fridge—or take it with you to the market.