IRONHEART GROCERY SHOPPING LIST

TIP: Don't go to the grocery store hungry and only buy off of your list!

BUDGET: $ _____

FIND MORE TIPS AT:
www.IRON-HEART.com

GREEN CONTAINER

- ☐ Kale, cooked or raw
- ☐ Collard Greens, cooked or raw
- ☐ Spinach, cooked or raw
- ☐ Brussels sprouts, chopped or 5 medium
- ☐ Asparagus, 10 large spears
- ☐ Beets, 2 medium
- ☐ Tomatoes, chopped, cherry or 2 medium
- ☐ Squash (summer), sliced
- ☐ Winter Squash (all varieties), cubed
- ☐ String beans
- ☐ Peppers, sweet, sliced
- ☐ Carrots, sliced or 10 medium baby
- ☐ Cauliflower, chopped
- ☐ Artichokes, 1/2 large
- ☐ Eggplant, 1/2 medium
- ☐ Okra
- ☐ Jicama, sliced
- ☐ Snow Peas
- ☐ Cabbage, chopped
- ☐ Cucumbers
- ☐ Celery
- ☐ Lettuce (NOT iceberg)
- ☐ Mushrooms
- ☐ Radishes
- ☐ Onions (chopped)
- ☐ Sprouts

PURPLE CONTAINER

- ☐ Raspberries
- ☐ Blueberries
- ☐ Blackberries
- ☐ Strawberries
- ☐ Watermelon, diced
- ☐ Cantaloupe, diced
- ☐ Orange, divided into sections, or 1 medium
- ☐ Tangerine, 2 small
- ☐ Apple, sliced or 1 small
- ☐ Apricots, 4 small
- ☐ Grapefruit, divided into sections, or 1/2 large
- ☐ Cherries
- ☐ Grapes
- ☐ Kiwifruit, 2 medium
- ☐ Mango, sliced
- ☐ Peach, sliced or 1 large
- ☐ Nectarine, sliced or 1 large
- ☐ Pear, sliced or 1 large
- ☐ Pineapple, diced
- ☐ Banana, 1/2 large
- ☐ Papaya, diced
- ☐ Figs, 2 small
- ☐ Honeydew melon, diced
- ☐ Salsa, pico de gallo
- ☐ Tomato sauce, plain

RED CONTAINER

- ☐ Sardines (fresh or canned in water) 7 medium
- ☐ Boneless, skinless chicken or turkey breast, cooked, diced
- ☐ Lean ground chicken or turkey, cooked
- ☐ Fish, freshwater (catfish, tilapia, trout), cooked, flaked
- ☐ Fish, cold water, wild caught (cod, salmon, halibut, tuna) cooked, flaked Game: buffalo (bison, ostrich, venison) cooked, diced
- ☐ Game: lean ground, cooked, diced
- ☐ Eggs, 2 large
- ☐ Greek yogurt, plain 1%
- ☐ Yogurt, plain 2%
- ☐ Shellfish (shrimp, crab, lobster) cooked
- ☐ Clams, canned drained
- ☐ Red meat, extra-lean, cooked, diced
- ☐ Lean ground red meat, cooked
- ☐ Shakeology, 1 scoop
- ☐ Tempeh
- ☐ Tofu, firm
- ☐ Pork Tenderloin, diced cooked
- ☐ Tuna, canned light in water, drained
- ☐ Turkey slices, low sodium, fat free, 6 slices
- ☐ Ham slices, low sodium, fat free, 6 slices
- ☐ Ricotta Cheese, light
- ☐ Cottage cheese, 2%
- ☐ Protein powder (whey, hemp, rice, pea) 1 1/2 scoops
- ☐ Veggie burger, 1 medium patty
- ☐ Turkey bacon, reduced fat, 4 slices

YELLOW CONTAINER

- ☐ Sweet Potato
- ☐ Yams
- ☐ Quinoa, cooked
- ☐ Beans, cooked drained
- ☐ Lentils, cooked drained
- ☐ Edamame, shelled Peas
- ☐ Refried Beans, nonfat
- ☐ Brown Rice, cooked
- ☐ Wild Rice, cooked
- ☐ Potato, mashed or 1/2 medium
- ☐ Corn on the cob, 1 ear
- ☐ Amaranth, cooked
- ☐ Millet, cooked
- ☐ Buckwheat, cooked
- ☐ Barley, cooked
- ☐ Bulgur, cooked
- ☐ Oatmeal, steel cut, cooked
- ☐ Oatmeal, rolled, cooked
- ☐ Pasta, whole-grain, cooked
- ☐ Couscous, whole wheat, cooked
- ☐ Crackers, whole grain, 8 small
- ☐ Cereal, whole-grain, low sugar
- ☐ Bread, whole grain, 1 slice
- ☐ Pita bread, whole wheat, 1 small
- ☐ Waffles, whole grain, 1 waffle
- ☐ Pancakes, whole grain 1 small
- ☐ English Muffin, whole grain, 1/2
- ☐ Bagel, whole grain, 1/2 small
- ☐ Tortilla, whole wheat, 1 small
- ☐ Tortilla, corn, 2 small

BLUE CONTAINER

- ☐ Avocado, mashed or 1/4 medium
- ☐ 12 almonds, whole, raw
- ☐ 8 cashews, whole, raw
- ☐ 14 peanuts, whole, raw
- ☐ 20 pistachios, whole, raw
- ☐ 10 pecan halves, raw
- ☐ 8 walnut halves, raw
- ☐ Hummus
- ☐ Coconut milk, canned
- ☐ Feta cheese, crumbled
- ☐ Goat cheese, crumbled
- ☐ Mozzarella (low moisture) shredded Cheddar, shredded
- ☐ Provolone, shredded
- ☐ Monterey Jack, shredded
- ☐ Parmesan, shredded

ORANGE CONTAINER

- ☐ Pumpkin Seeds, raw
- ☐ Sunflower seeds, raw
- ☐ Sesame seeds, raw
- ☐ Flaxseed, ground
- ☐ Olives, 10 medium
- ☐ Peanuts
- ☐ Coconut, unsweetened, shredded
- ☐ 21 Day Fix dressings

TEASPOON

- ☐ Extra Virgin Olive Oil
- ☐ Extra Virgin Coconut Oil
- ☐ Flaxseed Oil
- ☐ Walnut Oil
- ☐ Pumpkin seed oil
- ☐ Nut butters (peanut, almond, cashew, etc)
- ☐ Seed butters (pumpkin, sunflower, sesame [tahini])

FREE FOODS

- ☐ Lemon & Lime Juice
- ☐ Vinegars
- ☐ Mustard
- ☐ Herbs (Fresh and dry)
- ☐ Spices
- ☐ Garlic
- ☐ Ginger
- ☐ Hot Sauce (Tabasco or Mexican only)
- ☐ Flavor extracts (Pure vanilla, peppermint, almond, ect.)
- ☐ 21 Day Fix Seasoning Mixes (page 42-43 in your book)

HOUSEHOLD ITEMS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____