

Grocery List - 14 Day Reset

How to use this list

- This list is designed to make your 14-day reset easier.
- You do not need to buy everything.
- Choose simple whole foods you will realistically use.
- Keep meals uncomplicated.

Proteins

- eggs
- chicken breast or thighs
- turkey
- salmon
- tuna
- plain Greek yogurt
- cottage cheese
- beans
- lentils

Vegetables

- spinach
- mixed greens
- romaine
- broccoli
- cauliflower
- zucchini
- cucumber
- carrots
- green beans
- bell peppers
- asparagus

- cabbage

Fruits

- berries
- apples
- pears
- oranges
- grapefruit
- bananas

Healthy Fats

- avocado
- olive oil
- almonds
- walnuts
- chia seeds
- flax seeds
- pumpkin seeds

Whole Grains / Simple Carbohydrates

- old-fashioned oats
- brown rice
- quinoa
- sweet potatoes
- plain potatoes

Herbal Support / Hydration

- filtered water
- lemon
- peppermint tea
- ginger tea

- chamomile tea
- herbal tea of choice

Simple Pantry Basics

- sea salt
- black pepper
- garlic
- cinnamon
- apple cider vinegar
- mustard
- olive oil

Helpful Grocery Tip

- Before shopping, ask: What simple meals will I actually make this week?
- Choose foods that reduce decision-making.