



pour into your core.
Grocery List
phase 1



Protein

- eggs
- fish
- poultry
- beef
- collagen
- bone broth
- beans/lentils
- veggies
- protein powder

Carbs

- fruit (especially berries)
- root veggies (potatoes, sweet potatoes, yams, carrots, corn, peas, jicama, turnips, etc)

Herbs & Spices

- especially ginger & turmeric

Vegetables

- green leafy veggies
- bell peppers
- onions
- garlic
- carrots
- celery
- squash
- and anything else you love!

Fats

- avocado
- olive oil
- coconut oil
- grapeseed oil
- flaxseed oil
- nuts
- nut butters

Probiotic Foods

- sauerkraut, kimchi, etc

onfirefit.com
onfirefit@gmail.com