

Date: PRESEASON

GROCERY LIST



SNACKS

PROTEIN POWDER
BLUEBERRIES/STRAWBERRIES
ALMOND BUTTER PACKETS
DERED CHICK PEAS OR HUMMUS
APPLESAUCE POUCHES
GRAPES
TURKEY JERSEY
GREEK YOGURT
STRING CHEESE
NUTS SEEDS
GUACAMOLE
CITRUS FRUITS
DRIED MANGO/FRUITS



STAPLES

EGGS
WHOLE GRAIN BREAD
SPINACH
OATMEAL
PEANUT BUTTER
RICE CAKES
BANANA
WILD FROZEN FISH
CHICKEN BREAST
BROCCOLI
REG AND SWEET POTATOES
RICE/BROWN RICE
GRANOLA

BEVERAGES/EXTRAS

WATER
ALMOND MILK
WHOLE MILKS/NON-DAIRY
COCONUT WATER
ELECTROLYTES
OLIVE/COCONUT OIL
TURMERIC/GARLIC/SEA SALT
EXTRA SNACKS : MANDATORY SNACKS!
DARK CHOCOLATE
ICE CREAM
ENTER: YOUR FAVORITE SNACK HERE!