

No Bull Nutrition Grocery List

2/8/16 9:39 AM

Vegetables

- Sweet Potatoes
- Russet Potatoes
- Baby-Cut Carrots
- Onions
- Peppers
- Cucumbers

Fruits

- Apples
- Oranges
- Grapes
- Bananas

Meat and Poultry

- Extra Lean ground turkey
- Chicken Breast
- Sirloin steak

Seafood

- Tilapia
- Salmon
- Canned Tuna

Dairy

- Greek Yogurt
- Low-Fat Cheese (Mozzarella)
- Egg Whites
- Eggs
- Milk (usually reduced fat)

Other

- No calorie cooking spray
- Reduced fat butter
- English Muffins
- Mini Bagels

- Pretzels
- Pasta/Rice
- Fruit snacks
- Frozen yogurt
- Rice Cakes

