



# FIT CHICKS® GROCERY GUIDE

To make your trips to the grocery store “Chick Approved”, check out some of our top grocery picks that we stock up on and are great to use as a guide as you create your “Complete in 3” meals consisting of a protein, fibre and fat!

As most of the below are perishable (ie they are real, whole foods made with love!), it is best to only buy what you need for the next few days or for any recipe meal prep to avoid waste.

## Proteins

- Boneless, Skinless Chicken Breast
- Canned Tuna (water packed) and sardines
- Fish (salmon, seabass, halibut, trout,)
- Shrimp, scallops
- Extra Lean Ground Beef
- Protein Powder, all types
- Egg Whites or Eggs
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Tofu and Tempeh
- Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)
- Cottage cheese
- 0% or 2% Greek Yogurt
- Beans & legumes

Look for this symbol for a Complete in 3 recipe!

### Build balance with the COMPLETE IN 3 RULE

The “Complete in 3” is our rule of thumb to creating “complete meals” without calorie counting or stressing out. Eating this way will help to keep your blood sugar balanced to avoid dips in energy, weight gain & overeating.

To make it complete each meal should include the following 3 elements:

- PROTEIN
- FIBRE
- FAT

**EXAMPLE:**  
Eggs (protein) with sweet potato hash (fibre/carb) cooked in coconut oil (fat)

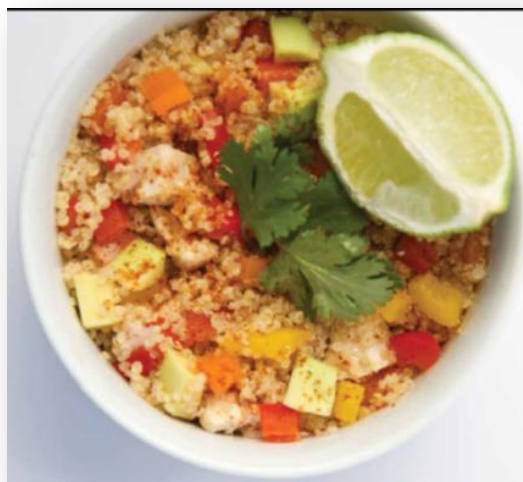
*Everyone can do it! No matter if you are vegan, vegetarian, diabetic, low carb, gluten free... “Complete in 3” is the way EVERY chick can eat for optimal health.*

FIT CHICKS POWER BY 4 - 5



## Complex Carbs

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (incl but not limited to pinto, black, kidney, navy)
- Brown Rice
- Amaranth
- Quinoa
- Lentils
- Multigrain Cereal (look for 5 grams + of fibre)
- Sprouted whole grain bread



## Fibrous Carbs

*(We recommend all veggies but these are just some of our faves that are more filling and packed with fibre!)*



- Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- Cabbage, red and green
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery

## Other Produce & Fruits

- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
- Lemons or Limes



## Healthy Fats

- Nut & Seed Butter (all natural peanut, almond, cashew, sunflower seed)
- Olive Oil
- Coconut Oil
- Butter and / or Ghee
- Flaxseed, chia seed and hemp oil (for dressings only)
- Avocado
- Nuts and seeds (peanuts, almonds, brazil nuts, pumpkin seeds)
- Flax, chia and hemp seeds
- Egg yolks



## Condiments & Misc.

- Balsamic, red wine and rice vinegar
  - Mustard
- Mrs. Dash (for salt free seasoning blends)
  - Chili, Onion, Garlic Powder
  - Pumpkin pie spice
  - Cinnamon, nutmeg, all spice
- Chili and curry pastes (red, green, yellow)
  - Extracts (vanilla, almond, mint etc)
    - Sea Salt & black pepper
  - Unsweetened almond milk
    - Kefir
  - Coconut & peanut flour
- Unsweetened cocoa powder