



PiYo

SHOPPING LIST

FRESH FRUITS

- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Watermelon
- Cantaloupe
- Orange
- Tangerine
- Apple
- Apricots
- Grapefruit
- Cherries
- Grapes
- Kiwifruit
- Mango
- Peach
- Nectarine
- Pear
- Pineapple
- Banana
- Papaya
- Figs
- Honeydew melon

PRIMARY VEGETABLES

- Kale
- Collard greens
- Spinach
- Brussels sprouts
- Broccoli
- Asparagus
- Beets
- Tomatoes
- Squash
- Winter squash
- String beans
- Peppers, sweet
- Carrots
- Cauliflower
- Artichokes
- Eggplant
- Okra
- Jicama
- Snow peas
- Cabbage
- Cucumbers
- Celery
- Lettuce (NOT iceberg)
- Mushrooms
- Radishes
- Onions
- Sprouts

SECONDARY VEGETABLES & GRAINS

- Sweet potato
- Yams
- Quinoa
- Beans
- Lentils
- Edamame
- Peas
- Refried beans, non-fat
- Brown rice
- Wild rice
- Potato
- Corn on the cob
- Oatmeal, steel-cut
- Oatmeal, rolled
- Bulgur
- Barley
- Pasta, whole grain
- Couscous, whole wheat
- Crackers, whole grain
- Bread, whole grain
- Cereal, whole grain
- Pita, whole wheat
- Waffles, whole grain
- English muffin, whole grain
- Bagel, whole grain
- Tortilla, whole wheat
- Tortilla, corn

HEALTHY FATS

- Avocado
- Nuts, raw
- Hummus
- Coconut milk
- Feta cheese
- Goat cheese
- Mozzarella (low moisture)
- Cheddar
- Provolone
- Monterrey jack
- Parmesan
- Olive oil, extra virgin
- Coconut oil, extra virgin
- Flaxseed oil
- Walnut oil
- Nut butters
- Seed butters
- Pumpkin seeds, raw
- Sunflower seeds, raw
- Sesame seeds, raw
- Flaxseed, ground
- Olives
- Coconut

FREE FOODS

- Lemon
- Spices
- Garlic
- Lime
- Hot sauce
- Tea, unsweetened
- Black coffee, unsweetened
- Herbs
- Ginger
- Mustard
- vinegars

LEAN PROTEIN

- Sardines (fresh/canned)
- Chicken breast
- Turkey breast
- Ground chicken breast
- Ground turkey breast
- Catfish
- Tilapia
- Trout
- Cod
- Salmon
- Halibut
- Tuna (canned/fresh)
- Buffalo
- Lean ground beef
- Eggs
- Plain Greek yogurt, 1%
- Shellfish
- Clams
- Extra lean beef
- Tempeh
- Tofu, firm
- Pork tenderloin
- Turkey slices low sodium, fat free
- Ham slices low sodium, fat free
- Ricotta cheese light
- Cottage cheese
- Veggie burger
- Turkey bacon
- Protein powder (whey, hemp, rice, pea)
- Shakeology

INFORMATION REGARDING YOUR PIYO MEAL PLAN CAN BE FOUND IN YOUR PIYO GET LEAN EATING PLAN BOOKLET. FOR MORE NUTRITION & FITNESS INFO. VISIT

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