



GOLO Diet

Shopping List



Vegetables

- Spinach
- Kale
- Broccoli
- Cauliflower
- Bell peppers
- Tomatoes
- Cucumbers
- Carrots
- Zucchini
- Brussels sprouts

Protein Sources

- Chicken breast
- Turkey breast
- Lean beef
- Salmon
- Tuna
- Eggs
- Greek yogurt
- Cottage cheese
- Lentils

Whole Grains

- Brown rice
- Oats
- Whole wheat bread
- Barley
- Buckwheat
- Quinoa
- Whole wheat pasta
- Farro
- Millet
- Amaranth

Healthy Fat

- Avocado
- Olive oil
- Coconut oil
- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Hemp seeds
- Natural peanut butter
- Sunflower seeds

Fruit

- Apples
- Berries (strawberries, blueberries, raspberries)
- Oranges
- Grapefruits
- Bananas
- Pineapple
- Watermelon
- Kiwi
- Grapes
- Peaches

Spices and Condiments

- Fresh herbs (basil, mint, sage)
 - Spices (onion powder, turmeric, cumin, paprika)
- Black pepper
- Sea salt



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

