SHAPE Program Phase I: FASTRAC CLEANSE Grocery List

Produce - Vegetables	Produce - Fruit	Meat, Poultry, Seafood	Grocery
Asparagus	Apples	Beef - ground	Applesauce
Beet greens	Apricots	Beef - roast	Artichoke hearts
Bok choy	Blackberries	Beef - steak	Banana peppers
Broccoli/Broccolini	Blueberries	Bison	Broth
Brussels sprouts	Cherries	Chicken - breast	Capers
Cabbage	Clementines/tangerines	Chicken - ground	Crackers
Cauliflower	Cranberries	Chicken - whole	Green beans (canned)
Cauliflower rice	Grapefruit	Crab	Hearts of palm
Celery	Kiwi	Game	Marinara sauce
Celery root	Lemons	Lobster	Pickles
Chard	Limes	Salmon	Salsa
Chayote	Nectarines	Scallops	Sauerkraut
Collard greens	Oranges	Shrimp	Seeds (chia, flax, hemp)
Cucumber	Peaches	Turkey - breast	Sesame seeds/tahini
Daikon radish	Pears	Turkey - ground	Tomatoes (canned)
Fennel	Pineapples	Turkey - whole	Tuna (canned)
Garlic	Plums	Veal	
Ginger root	Raspberries	Venison	
Green beans	Strawberries	White fish	
Kale			
Kohlrabi			Miscellaneous
Leeks			Arrowroot powder
Lettuce			Baking powder/soda
Mushrooms	Refrigerated	Beverages	Celtic Sea Salt®
Mustard greens	Cottage cheese	Coffee	Cooking spray
Onions	Eggs	Cranberry juice (pure)	Flavor extracts
Peppers	Goat/sheep cheese	Milk	Gum/mints
Radishes	Greek yogurt - plain	Mineral water	Nutritional yeast
Salad mix	Kefir - plain	Teg	Monk fruit sweetener
Sea vegetables	Tempeh		Spices
Snow/Snap peas	Tofu		Stevia
Spinach	Yogurt - plain		Xanthan gum
Sprouts		Condiments	Xylitol
Tomatoes		Aminos (Bragg/coconut)	,
Turnip greens		Horseradish	
Yellow squash		Hot sauce	
Zucchini	Frozen	Ketchup (Primal Kitchen®)	
	Berries	Mustard	
	Chicken/Meat	Tamari soy sauce	
	Vegetables	Vinegar	

