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Personal Training

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# GROCERY LIST MADE EASY

— [www.akilsherman.com](http://www.akilsherman.com) —



**Here is a simple Grocery List that you can pick and choose from in order to help you simplify your next trip to (or order from) the Supermarket.**

**Obviously these aren't the only healthy foods out there, but this can get you started.**

# Grocery List Made Easy

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## Unrefined Carbs

- Sweet potatoes/Yams  
Unrefined/  
unprocessed rice  
(order online ex. Bob's  
Red Mill or visit an  
Asian supermarket)
- Whole grain pasta
- Veggie-based pasta
- Steel Cut Oatmeal
- Barley
- Whole-grain sprouted  
bread (ex. Ezekiel 4:9)
- High fiber cereal
- Whole grain Rice cakes
- Whole grain tortilla
- Quinoa
- Couscous
- Sorghum
- Spelt
- Farro

## Simple Carbs (Fruit)

- Strawberries
- Grapes
- Melon
- Apples
- Oranges
- Bananas
- Cherries
- Plums
- Peaches
- Watermelon
- Kiwi
- Nectarines
- Pomegranate
- Cantaloupe
- Cranberries
- Blueberries
- Raspberries
- Apricots
- Pears

## Fibrous Carbs (Veggies)

- Broccoli
- Asparagus
- Romaine lettuce
- Green beans
- Green peppers
- Spinach
- Brussels sprouts
- Alfalfa sprouts
- Cabbage
- Celery
- Zucchini
- Cucumbers
- Cauliflower
- Onion
- Mushrooms
- Squash
- Tomatoes

## Fats

- Various Nuts
- Various Seeds
- Nut butter
- Avocado
- Coconut Oil
- MCT Oil (Multi Chain  
Triglycerides)
- Extra Virgin Olive Oil

## Protein

- Protein shakes
- Tofu
- Soy foods
- Veggie burgers
- Kidney beans
- Northern white beans
- Pinto beans
- Black beans
- Black-eyed peas
- Tuna
- Salmon
- Orange roughy
- Swordfish
- Haddock
- Turkey breast
- Lean ground turkey
- Turkey bacon
- Chicken breast
- Lean ground chicken
- Top round Steak
- Top sirloin Steak
- Lean ground beef
- Buffalo
- Lean ham
- Low-fat cottage cheese
- Egg whites or egg-  
white substitute
- Natural peanut butter
- Almond Butter
- Tempeh