

GROCERY LIST



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Welcome to the Grocery List!



Meet the creators of HIITBURN
Dennis and Kelsey Heenan

This is a simple starting point for what foods to prioritize during your grocery shopping.

Everyone prefers slightly different foods and will need different amounts based on individual needs, so feel free to make this your own!

This list will break down the essentials to focus on, but feel free to pick and choose from this list based on your preferences.

IMPORTANT NOTE:
You do NOT need to buy everything on this list. This is meant to give you ideas and you can choose the items that fit your preferences and cycle. Take this list as a starting point and then make it your own.

Let's get to it!

-Dennis and Kelsey Heenan

Grocery List

Category	Item	Additional Info	Notes
Veggies	❑ Spinach ❑ Kale ❑ Asparagus ❑ BrusselSprouts ❑ Broccoli ❑ Onions ❑ Carrots ❑ Peppers And any other you enjoy!	Feel free to mix and match veggies in your meals based on your preferences. You will be eating a ton of veggies, so stock up! When possible (depending on cost and availability), try to find organic options.	
Fruit	❑ Bananas ❑ Strawberries ❑ Blueberries ❑ Raspberries ❑ Blackberries ❑ Apples	Most fruit will be eating on higher carb days and/or during higher carb meals. Take a look at your carb cycling schedule to ballpark how many meals you'll be enjoying fruit to adjust the amount you buy. When possible (depending on cost and availability), try to find organic options.	
Protein	❑ Eggs ❑ Chicken ❑ Beef ❑ Fish ❑ Wild Game ❑ Bacon ❑ Pork ❑ Lamb ❑ Bison	When possible (depending on cost and availability), try to find organic, grass-fed options.	

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Category	Item	Additional Info	Notes
Fats	❑ Grass-fed butter ❑ Unrefined, extra virgin coconut oil ❑ Grass-fed heavy cream ❑ Olive oil ❑ Almond butter (or preferred nut/seed butter) ❑ Avocados ❑ Seeds & Nuts (almonds, cashews, macadamias) ❑ Grass-fed cheese ❑ Plain Greek Yogurt ❑ Avocado Oil	When possible (depending on cost and availability), try to find organic for nuts, seeds, and oils , and organic and grass fed for dairy.	
Carbs	❑ Sweet potato ❑ Rice (white, brown, black, etc.) ❑ Steel cut oats ❑ Beans (black, pinto, garbanzo, etc.) ❑ Potato ❑ Fruit (see fruit section) ❑ Quinoa ❑ Buckwheat ❑ Honey	On high carb days, you may substitute beans or regular potatoes in for sweet potatoes or rice, if you prefer.	
Spices	❑ Salt ❑ Pepper ❑ Cinnamon ❑ Cayenne Pepper ❑ Red pepper flakes ❑ Garlic	These are a couple of basic spices, feel free to add your favorites.	
Other	❑ Salsa ❑ Balsamic Vinegar ❑ Protein Powder ❑ Coffee ❑ Tea	For sauces, salsa is a great nutritious option to add flavor. Primal Kitchen and Siete are brands that provide nutritious sauces, dressings, and hot sauces. For protein powder, Ladder is very nutritious and has high quality ingredients.	


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