

pmb  
**LEANMAX**  
**GROCERY**  
LIST



## Unlock your potential!

Our healthy grocery list is the secret to reaching your weight management goals. By carefully selecting the right foods, you can revitalize your nutrition and supercharge your health.



## Essential Tips

- Make a list:** Stay organized and focused on your goals.
- Read labels:** Stay informed about what you're buying.
- Go seasonal:** Choose fresher, more flavorful options.
- Consider organic:** Minimize exposure to pesticides and chemicals.
- Avoid shopping when hungry:** Prevent unhealthy impulse purchases.



### Meat

Bacon  
Beef  
Bison  
Chicken  
Duck  
Ham  
Hen  
Lamb  
Pork  
Turkey  
Veal  
Venison



### Seafood

Cod  
Haddock  
Mussels  
Oysters  
Salmon  
Sardine  
Shrimp  
Sole  
Tuna Fish



### Vegetables

Asparagus  
Broccoli  
Brussel Sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Garlic  
Green Beans  
Kale  
Lettuce  
Mushrooms  
Onion  
Peppers  
Radish  
Seaweed  
Spinach  
Tomato  
Zucchini



### Fruits

Apples  
Apricots  
Avocado  
Bananas  
Blackberries  
Blueberries  
Dates  
Grapefruits  
Kiwi  
Lemon  
Lemons  
Limes  
Mango  
Melons  
Nectarines  
Oranges  
Papaya  
Pears  
Pineapples  
Plums  
Pomegranate  
Raspberries  
Strawberries



### Dairy

Butter  
Cottage Cheese  
Eggs  
Farmers Cheese  
Ghee  
Kefir  
Milk  
Parmesan  
Sour Cream  
Whey  
Yogurt



### Beverages

Almond Milk  
Coconut Milk  
Coconut Water  
Coffee Black  
Hemp Milk  
Herbal Tea  
Kombucha  
Plant Based Protein  
Sparkling Water  
Tea Black  
Water



### Grains & Seeds

Amaranth  
Barley  
Buckwheat  
Chia  
Chickpea  
Flax  
Oats  
Poppy Seeds  
Quinoa  
Rice  
Rye  
Sesame  
Spelt  
Sunflower  
Whole grain



### Starchy Vegetables

Black Potatoes  
Potatoes  
Pumpkin  
Purple Potatoes  
Squash  
Sweet Potatoes  
Yams



### Legumes

Adzuki Beans  
Black Beans  
Edamame  
Kidney Beans  
Lentils  
Mung Beans  
Peas  
Pinto Beans  
Red Beans



### Nuts

Almonds  
Brazil nuts  
Cashews  
Hazelnuts  
Macadamia  
Peanuts  
Pecans  
Pistachios  
Walnuts



### Oils & Fats

Avocado Oil  
Coconut Oil  
Fish Oil  
Grapeseed Oil  
Nut Butters  
Olive Oil  
Sesame Oil

## Recommended Supplements

Build  
Calm  
Core+  
Dream  
Focus  
Phyto Adrenal  
Prime Protein  
Shield  
Ultra H2o  
Vital



**Revitalize  
Your Nutrition  
and Supercharge  
Your Health with LEANMAX**