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# ABS DIET

## Shopping List

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### Meats/lean protein

- Chicken breast
- Fish
- Tofu
- Tempeh
- Egg whites

### Healthy fats

- Avocados
- Olive oil
- Almonds
- Chia seeds
- Flaxseeds
- Cashews
- Avocado oil

### Condiments

- Basil, oregano, thyme
- Salt, pepper, garlic powder
- Salsa

### Other

- Water
- Black tea, green tea
- Black coffee, espresso

### Dairy

- Fat-free milk
- Low-fat yogurt
- Cottage cheese
- Whey protein powder

### Non-starchy vegetables

- Spinach
- Kale
- Asparagus
- Peppers
- Cucumbers
- Broccoli
- Cauliflower
- Celery
- Collard greens
- Arugula



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

