

The Comeback Grocery List

Food as Fuel shopping Guide

This grocery list is designed to make shopping simple and intentional. When your kitchen is stocked with whole, nutrient-dense foods, building balanced meals becomes much easier.

These foods support stable blood sugar, reduce inflammation, support hormone balance, and help you maintain steady energy throughout the day.

Vegetables (Stock Up Freely)

Focus on variety—this is your foundation.

- Arugula
- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Kale
- Mushrooms
- Radishes
- Romaine lettuce
- Spinach
- Swiss chard
- Tomatoes
- Zucchini

Tip: Aim for a wide variety each week—the more color, the better.

Protein (Build Every Meal Around This)

- Bison
- Chicken
- Cod
- Cottage cheese
- Eggs
- Grass-fed beef
- Greek yogurt (unsweetened)
- Sardines
- Shellfish
- Shrimp
- Tempeh
- Tofu
- Tuna
- Turkey
- Wild-caught salmon

Healthy Fats (Support Hormones & Energy)

- Avocado oil
- Avocados
- Coconut oil
- Ghee
- Grass-fed butter
- Olive oil
- Olives
- Tahini

Nuts & Seeds (Small but Powerful Add-Ons)

- Almonds
- Chia seeds
- Flax seeds
- Hemp seeds
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Walnuts

Smart Carbs & Fiber (Optional Add-Ons)

These aren't needed at every meal, but they can support energy, digestion, and hormone balance—especially if you're active or rebuilding strength.

The key is pairing them with protein and healthy fats so you avoid blood sugar spikes.

- Barley
- Brown rice
- Buckwheat
- Farro
- Quinoa
- Steel-cut oats
- Sweet potatoes

- Berries
- Cherries
- Grapefruit
- Green apples
- Kiwi
- Peaches
- Pears
- Plums

You don't need to fear carbs—you just need to choose the ones that work for your body.

Herbs & Flavor Builders

- Apple cider vinegar
- Basil
- Cinnamon
- Garlic
- Ginger
- Lemon
- Parsley
- Rosemary
- Thyme
- Turmeric

Foods to Limit\Watch (Inflammation Triggers)

Some foods can increase inflammation, disrupt hormones, or make you feel worse—especially if your body is already under stress.

Start by paying attention to how you feel after eating certain foods. Common triggers for many people include:

- Candy, desserts & pastries
- Highly processed foods
- Refined vegetable oils (canola, soybean, corn)
- Sugary drinks
- White bread & refined grains

Some people may also notice issues with:

- Alcohol
- Gluten
- Dairy
- Nightshades (tomatoes, peppers, potatoes)

You don't need to eliminate everything at once.

Just start noticing:

What makes you feel good
What makes you feel worse

Your body will tell you what it needs.