

Cheat Sheet

Lumen

HEALTHY FOODS FOR YOUR GROCERY LIST

CARBS

Legumes

- Beans
- Lentils
- Peas
- Chickpeas
- Lupin beans

Bread

- Brown
- Rye
- Brown
- Pita bread
- Whole grain bagels
- Spelt
- Mixed-grain
- Tortilla

Grains

- Bulgur
- Quinoa
- Barley
- Millet
- Farro
- Steel cut oats
- Whole-grain pasta
- Rice
- Couscous
- Rolled Oats
- Granola
- Buckwheat
- White pasta

Fruit

- Cherries
- Grapes
- Kiwis
- Figs
- Bananas
- Citrus Fruit
- Peaches
- Pears
- Plums
- Prunes
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries

PROTEIN

Lean protein

- Turkey
- Chicken Breast
- Sirloin Steak
- Lean Pork
- Wild Game
- Low-Fat Fish
- Shrimp
- Shellfish
- Cottage Cheese
- Yogurt
- Seitan
- Tofu
- Tempeh
- Spirulina
- Lentils
- Chickpeas
- Lupin beans
- Edamame
- Beans
- Peas

VEGETABLES

Non-starchy vegetables

- Broccoli
- Lettuce
- Cucumbers
- Spinach
- Collards
- Cabbage
- Celery
- Asparagus
- Arugula
- Brussels sprouts
- Kale
- Eggplant
- Radish
- Tomatoes
- Radicchio
- Garlic
- Mushrooms
- Cauliflower
- Endives
- Zucchini

Starchy vegetables

- Potatoes
- Sweet potatoes
- Corn
- Peas
- Parsnip
- Cassava

Medium- carb vegetables

- Onions
- Carrots
- Squash
- Beetroot
- Peppers



FAT

Healthy fats

- Grape seed oil
- Extra virgin olive oil
- Walnut oil
- Flaxseed oil
- Fatty fish
- Sour cream
- Full-fat cheese
- Egg yolks
- Avocados
- Walnuts
- Almonds
- Macadamia nuts
- Pine nuts
- Brazil nuts
- Flax seeds
- Chia seeds
- Pumpkin seeds
- Hemp seeds
- Sesame
- Natural nut butters
- Tahini
- Pesto

Let Lumen personalize your metabolic meal plan, every week.

