

Adrenaline Recovery Meal Plan Grocery List

Produce

- Bananas (2–3)
- Blueberries (fresh or frozen)
- Avocados (2)
- Spinach (fresh or frozen)
- Kale or bok choy
- Sweet potatoes (2)
- Broccoli (1 head or frozen)
- Zucchini (1–2)
- Carrots (2–3)
- Bell peppers (any color)
- Lemon (2–3)
- Cucumber or celery
- Garlic
- Fresh ginger

Nuts, Seeds & Oils

- Chia seeds or ground flaxseeds
- Walnuts or almonds
- Pumpkin seeds or sunflower seeds
- Nut butter (almond, peanut, or cashew)
- Extra virgin olive oil
- Coconut oil or sesame oil

Pantry Staples & Spices

- Rolled oats or quinoa
- Brown rice or jasmine rice
- Low-sodium miso paste (optional)
- Cinnamon
- Turmeric powder
- Black pepper
- Sea salt or pink salt

- Raw honey or natural sweetener (optional)
- Herbal teas (chamomile, lemon balm, ashwagandha, etc.)

Dairy & Dairy Alternatives

- Unsweetened almond milk (or oat, coconut, etc.)
- Eggs (6–12 pack)
- Plain Greek yogurt or plant-based yogurt (optional, for variety)

Proteins

- Salmon fillet (fresh or frozen) or canned salmon
- Tofu or tempeh
- Chickpeas (canned or dry)
- Plant-based or clean protein powder (optional)
- Chicken breast (if not vegetarian)

Optional Superfoods & Adaptogens

- Ashwagandha powder or capsules
- Dark chocolate (85%+ cacao)
- MCT oil or coconut oil (for golden milk)