



PHYSICAL THERAPY

# Recovery Optimization Grocery List

## Produce Section

- Fresh fruits: apples, bananas, oranges, berries, peaches, pears, etc.
- Fresh vegetables: broccoli, spinach, kale, bell peppers, tomatoes, cucumbers, carrots, etc.
- Salad greens: romaine, mixed greens, arugula, etc.
- Fresh herbs: cilantro, parsley, dill, basil, etc.
- Pre-cut fruits & vegetables: for convenience, if needed.

## Meat & Seafood Section

- Lean proteins: chicken breast, turkey, lean cuts of beef, pork tenderloin.
- Fresh or frozen fish: salmon, tilapia, cod, shrimp.
- Shellfish: shrimp, scallops, mussels (if you enjoy them).

## Deli & Prepared Foods Section

- Pre-cooked proteins: rotisserie chicken, grilled chicken strips.
- Deli meats: look for low-sodium options if choosing deli meats.
- Pre-made salads: check the ingredients and pick ones without heavy dressings.

## Dairy & Refrigerated Section

- Eggs and egg whites.
- Greek yogurt: plain, low-fat or non-fat.
- Cheese: look for low-fat versions where possible.
- Plant-based milk: almond, oat, or soy milk.



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### **Bakery Section**

- Whole grain bread, tortillas, and pita.
- Bagels: choose whole grain options when available.

### **Canned & Packaged Goods Section**

- Canned beans: black beans, chickpeas, lentils.
- Canned fish: tuna, salmon.
- Canned vegetables: choose low-sodium options.
- Pasta: whole wheat or other whole grain varieties.
- Rice: brown, basmati, wild.
- Quinoa.

### **Frozen Section**

- Frozen fruits: for smoothies or toppings for yogurt and oatmeal.
- Frozen vegetables: great for quick meals.
- Frozen lean proteins: like chicken, fish.
- Frozen meals: look for ones with lots of vegetables and whole grains, low in sodium and added sugars.

### **Snacks & Crackers Section**

- Whole grain crackers.
- Nuts and seeds: almonds, walnuts, flax seeds, chia seeds.
- Dried fruit: no added sugar.

### **Beverage Section**

- Bottled water, sparkling water.
- Unsweetened tea.
- Coffee.