

Recommended Grocery List : Varied Choices and Meals

Good Carbohydrates: Before 1 PM

Sweet Potatoes
Barilla plus whole wheat pastas or other whole grain pastas
Joseph's flax oat, bran pitas, there is only about 100 calories per wrap
Brown Rice
Whole wheat bread (think the darker, the better!)
Whole wheat waffles (Kashi is a good brand)
Whole grain cereals with low sugar
Whole grain English muffins (fiber one is a good choice)
Legumes – a variety of beans is a good thing, red, pink, garbanzo, black, kidney, etc.
Oatmeal – Organic or low sugar
Kashi Cereals: look to serving size

Vegetables:

Dark leafy green vegetables including:
Spinach
Edamame (contains high quality protein)
Peppers (all colors)
Kale
Romaine, Boston, Green leaf types of lettuce
Asparagus
Green Beans
Brussel Sprouts
Broccoli
Squashes
Turnips

Fruits: Before 1pm

Papayas
Passion Fruit
Ugli Fruit
Star Fruit
Cranberries
Acai
Pomegranate
Bananas
Oranges
Mango
Grapefruit
Kiwi
Apples

Any berry; berries are rich in antioxidants; just think when it comes to fruit, the more colorful the better for you!

Proteins:

Turkey – all kinds (lean meat ranging from 92% - 98%) ground, breast, burgers, tenderloins.
Chicken (lean meat ranging from 92% - 98%) ground, breast, burgers, tenderloins.
Fish – salmon, tilapia, sword fish, mussels, haddock, tuna – fish is full of omegas and fatty acids we need.
Lean Beef – 98% lean cuts, sirloin, tenderloin, flank. Try to limit your red meat, and only eat it 1-2 times per week.
Pork Chops – No center cut, ground pork is also extremely lean.
Soy Products – tofu, tempeh, just keep the sodium low, read the labels.
Eggs
Protein Powders & Bars – Try to keep the grams of protein to 20 and above for the powders, and at least 15 for bars, and the sugar content should be kept under 10 grams.

- *Try cooking all of your proteins light, for example baking, broiling, or cooking with olive oil- try to limit your butter usage.*
- *Portion size for protein should be between 6-8 ounces per meal.*

Good Fats:

Avocado
Raw Nuts
Olive Oil
Natural Peanut Butter (Teddy, All Natural Skippy) this also includes almond, and cashew butter.

Other Snacks:

Fresh Salsa
Hummus
Part Skim Cottage Cheese
Low fat cheese
Greek Yogurt – Chobani or “Fah-ya” (Both brands)
Nuts – All kinds

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Benefits of Suitable Nutrition

- Can increase a healthier lifestyle and athletic performance.
- Increases conditioning, and strength levels.
- Increases energy levels, and persistent energy levels.
- Increase more awareness, and the body is more attentive (Mental Capacity is higher).
- Valuable increase in metabolic function.
- Immune system functioning becomes increased.
- Increase in Lean Muscle Mass
- Decreases body fat
- Decreases Risk Of Injury (ROI)
- Decreases long term fatigue

**The benefits of nutrition are limitless. Nutrition accompanies good quality performance, whether it is on the athletic field, or in our lifestyles/ jobs, it is the most important factor of being sufficiently healthy. Nutrition also decreases the risks of fatal diseases such as diabetes, cancer, etc. If we want to achieve our goals, and receive results, then our concentration on nutrition is just as important as our resistance training, and conditioning. Think a 360 degree approach; if we do not focus on all 3 aspects of the circle, then we are at risk of defeating ourselves in the end.*