



STANDARD FITNESS GROCERY LIST

PROTEINS

chicken breast
turkey breast
lean cuts of steak
non-farmed fish
eggs/eggwhites
whey protein

VEGGIES

broccoli
cauliflower
green beans
asparagus
spinach
celery
cucumbers
peppers,
onions
squash
tomatoes
greens

STARCHY CARBS

brown rice
quinoa
potatoes
oatmeal
beans

FRUIT CARBS

apples
cantaloupe
grapefruit
oranges
peaches
pears
pineapple
bananas
Most berries

CONDIMENTS

A1 Steak sauce
Ketchup
Most mustards
Most dry spices
Sugar free teriyaki
Ponzu sauce
Soy sauce