

PROTEIN SHOPPING LIST

THIS LIST IS NOT EXHAUSTIVE BUT SHOULD GIVE YOU A GOOD STARTING POINT!

ANIMAL BASED:

- Lean Beef Mince
- Beef Steak
- Lean Cuts of Pork
- Lamb
- Bacon Medallions
- Chicken Breast
- Turkey Steaks or Mince
- Cod
- Seabass
- Salmon
- Prawns
- Crab
- Mussels
- Tuna
- Eggs and Egg Whites
- Cottage Cheese
- Greek Yogurt
- Protein Yogurts
- Kvarg
- Babybel Light

PLANT BASED:

- Beans
- Lentils
- Seitan
- Tofu
- Tempeh
- Legumes
- Edamame
- Nuts
- Nut Butters
- Seeds
- Chickpeas
- Vegan Products

SUPPLEMENT:

- Whey Protein Powder
- Casein Protein Powder
- Isolate Protein Powder
- Pea Protein Powder
- Hemp Protein Powder
- Protein Bars



HEALTHY FATS

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ANIMAL BASED:

- Higher fat cheeses
- Butter
- Cream
- Egg Yolks

HIGHER FAT ANIMAL BASED PROTEIN:

- Fattier Cuts of Beef
- Fattier Cuts of Pork
- Fattier Cuts of Lamb
- Fattier Cuts of Poultry
- Fattier Fish

PLANT BASED:

- Avocado
- Avocado Oil
- Cacao (Dark Chocolate)
- Cold-Pressed Nut Oil
- Seed Oils
- Fresh Coconut
- Coconut Oil
- Nuts & Seeds
- Nut & Seed Butters
- Olives
- Extra Virgin Olive Oil

SUPPLEMENT:

- Omega 3 Fatty Acid



CARBOHYDRATES

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CARB SOURCES:

- Brown Rice
- Wild Rice
- Quinoa
- White Rice
- White Potatoes
- Sweet Potatoes
- Root Vegetables
- Lentils
- Peas
- Beans
- Kefir
- Non-Greek Yogurt
- Butternut Squash
- Fresh Fruit
- Frozen Fruit
- Dried Fruit
- Leafy Greens
- Bagels
- White Bread
- Brown Bread

- Rice Cakes
- Pasta
- Spaghetti
- Sauces & Dressings
- Oats
- Rice Noodles
- Udon Noodles
- Sandwich Thins
- Flat Bread
- Pitta Bread
- Cereal

SUPPLEMENT:

- Carbohydrate Powder
- Mass Gainer

