Grocery List for Bodybuilders

# CARBS (choose at least 3-4 options)

*Tip: Look for whole grains!*

* Bread
* Bagels
* Pita Bread
* English muffins
* Tortillas/wraps
* Dry cereals

(ex: Kashi, Special K, Cheerios, Wheaties)

 *First ingredient whole grain*

 *>3g fiber per serving*

 *<8g sugar per serving*

* Oatmeal/Grits/Cream of Wheat
* Crackers/Pretzels

(ex: Triscuits, Wheat Thins, Graham)

* Low-fat popcorn
* Potatoes (sweet, red, white, etc)
* Pasta
* Rice
* Couscous
* Quinoa
* Granola bars

(ex: Kashi, Luna, LaraBar, Clif)

 *>5g protein per serving*

 *>3g fiber per serving*

 *<12g sugar per serving*

# DAIRY (choose at least 2-3 options)

*Tip: Choose low-fat options!*

* Skim, 1% or 2% milk
* 1% Chocolate milk
* Yogurt/Greek yogurt
* Cottage cheese
* 2% or reduced-fat cheese

(sliced, shredded, block, cheese sticks)

# VEGETABLES (choose at least 2-3 options)

*Tip: Try a new vegetable every week!*

* Any fresh veggies you like (broccoli, peas, romaine lettuce, baby carrots, etc)
* Frozen veggies
* Canned veggies/pickles
* Salsa

# FRUITS (choose at least 2-3 options)

*Tip: Try a new fruit every week!*

* Any fresh fruits you like

(apples, bananas, oranges, grapes, pineapple, berries, melon, peaches, pears, etc)

* 100% fruit juice (if you are trying to gain)
* Frozen fruits
* Dried fruit
* Canned fruit

 *In its own or natural juices*

# Proteins (choose at least 3-4 options)

*Tip: Choose lean cuts of meat!*

* Canned tuna or chicken (packed in water)
* Lean deli meat

(chicken, turkey, roast beef, ham)

* Frozen chicken breast
* Ground beef or turkey (90-95% lean)
* Pork
* Lean beef cuts
* Turkey bacon/sausage
* Fish (not breaded)
* Shellfish (shrimp, crab, etc.)
* Tofu or other soy based foods
* Eggs
* Beans

(baked, pinto, black, kidney, chickpeas, etc)

# FATS AND MISCELLENEOUS (choose at least 2-3 options)

* Olive oil or canola oil for cooking
* Butter
* Low-fat dressings/sauces
* Low-fat cream cheese
* Low-fat sour cream
* Nut butter (peanut, almond, etc)
* Nuts/seeds

(almonds, walnuts, sunflower seeds, etc)

* Trail mix
* Jelly/jam
* Hummus/yogurt-based dip
* Garlic/fresh herbs/spices

