

# JuvYou Muscle-Centric Shopping List

## Power Proteins

Meat & Poultry	Seafood	Eggs, Dairy, Soy Based
<input type="checkbox"/> Beef- ground	<input type="checkbox"/> Anchovies	<input type="checkbox"/> Eggs- fresh whole
<input type="checkbox"/> Beef- jerky	<input type="checkbox"/> Catfish	<input type="checkbox"/> Eggs- hard boiled
<input type="checkbox"/> Beef- roast	<input type="checkbox"/> Clams	<input type="checkbox"/> Egg whites (carton)
<input type="checkbox"/> Beef- steak	<input type="checkbox"/> Cod	<input type="checkbox"/> Egg whites (cooked patties)
<input type="checkbox"/> Beef- uncured sticks	<input type="checkbox"/> Flounder	<input type="checkbox"/> Cheese- Cheddar
<input type="checkbox"/> Beef- top round roasted, sliced (deli)	<input type="checkbox"/> Crab	<input type="checkbox"/> Cheese- Cottage
<input type="checkbox"/> Beef- other	<input type="checkbox"/> Crawfish (Crayfish)	<input type="checkbox"/> Cheese- Goat
<input type="checkbox"/> Bison	<input type="checkbox"/> Herring	<input type="checkbox"/> Cheese- Mozzarella
<input type="checkbox"/> Chicken- breast	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Cheese- Ricotta
<input type="checkbox"/> Chicken- ground	<input type="checkbox"/> Mussels	<input type="checkbox"/> Cheese- Swiss
<input type="checkbox"/> Chicken- sausage, all-natural	<input type="checkbox"/> Oysters	<input type="checkbox"/> Dry Skim (Non-fat) Milk Powder
<input type="checkbox"/> Chicken- thigh	<input type="checkbox"/> Perch	<input type="checkbox"/> Milk- lactose free
<input type="checkbox"/> Chicken- whole	<input type="checkbox"/> Salmon	<input type="checkbox"/> Milk- evaporated
<input type="checkbox"/> Cornish game hens	<input type="checkbox"/> Octopus	<input type="checkbox"/> Milk- traditional
<input type="checkbox"/> Duck	<input type="checkbox"/> Sardines	<input type="checkbox"/> Milk- ultrafiltered lactose free
<input type="checkbox"/> Mutton	<input type="checkbox"/> Scallops	<input type="checkbox"/> Yogurt- traditional
<input type="checkbox"/> Pork- chops	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Yogurt- Greek
<input type="checkbox"/> Pork- ground	<input type="checkbox"/> Snapper	<input type="checkbox"/> Yogurt- Icelandic (skyr)
<input type="checkbox"/> Pork- loin roast	<input type="checkbox"/> Striped Bass	<input type="checkbox"/> Edamame
<input type="checkbox"/> Turkey- breast	<input type="checkbox"/> Squid	<input type="checkbox"/> Soybeans- canned
<input type="checkbox"/> Turkey- jerky	<input type="checkbox"/> Tilapia	<input type="checkbox"/> Soybeans- frozen
<input type="checkbox"/> Turkey- tenderloin	<input type="checkbox"/> Tuna	<input type="checkbox"/> Soymilk
<input type="checkbox"/> Turkey- whole	<input type="checkbox"/> Trout	<input type="checkbox"/> Soymilk yogurt
<input type="checkbox"/> Turkey- other	<input type="checkbox"/> Snapper	<input type="checkbox"/> Soynuts
<input type="checkbox"/> Venison	<input type="checkbox"/> Squid	<input type="checkbox"/> Soynut Butter
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Tempeh
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Tofu
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____
		<input type="checkbox"/> Other _____

## Non-Starchy Vegetables & Fruits

Non-Starchy Vegetables			Fruit	
<input type="checkbox"/> Acorn Squash	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Red Cabbage	<input type="checkbox"/> Apples	<input type="checkbox"/> Mangos
<input type="checkbox"/> Arugula	<input type="checkbox"/> Escarole	<input type="checkbox"/> Romaine Lettuce	<input type="checkbox"/> Apricots	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Fennel Bulb	<input type="checkbox"/> Spaghetti Squash	<input type="checkbox"/> Banana	<input type="checkbox"/> Oranges
<input type="checkbox"/> Beets	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Spinach	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Peaches
<input type="checkbox"/> Belgian Endive	<input type="checkbox"/> Green Cabbage	<input type="checkbox"/> Sweet Potato	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Pears
<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Hubbard Squash	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Breadfruit	<input type="checkbox"/> Persimmon
<input type="checkbox"/> Broccoli Raab	<input type="checkbox"/> Jicama	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Pineapple
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Kale	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Cherries	<input type="checkbox"/> Plums
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Water Chestnuts	<input type="checkbox"/> Cranberries	<input type="checkbox"/> Raspberries
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Leeks	<input type="checkbox"/> Watercress	<input type="checkbox"/> Figs	<input type="checkbox"/> Strawberries
<input type="checkbox"/> Butternut Squash	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Tangerines
<input type="checkbox"/> Carrots	<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Other _____	<input type="checkbox"/> Guava	<input type="checkbox"/> Watermelon
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Okra	<input type="checkbox"/> Other _____	<input type="checkbox"/> Honeydew	<input type="checkbox"/> Other _____
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Other _____	<input type="checkbox"/> Melon	<input type="checkbox"/> Other _____
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Other _____	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Other _____

