JuvYou Muscle-Centric Shopping List

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

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

	Starchy Vegetables & Whole Grains			
Starchy Vegetables		Whole Grains		
Black Beans	Lima Beans	Amaranth	Rye Flakes	
Black-eyed Peas	Mung Beans	Brown Rice	Sorghum	
Cassava	Navy Beans	Buckwheat	Teff	
Chickpeas	Pink Beans	Bulgur	Triticale	
Corn	Plantains	Whole Grain Cereal	Wheat Bran	
Cowpeas	Potatoes	Corn Tortillas	Whole Wheat Bread	
Fava Beans	Red Beans	Farro	Whole Wheat Pasta	
Great Northern Beans	Split Peas	Karmut [®]	Wild Rice	
Green Peas	Taro Root	Kaniwa	Other	
Hominy	White Beans	Millet	Other	
Kidney Beans	Other	Oats	Other	
Lentils	Other		Other	

Healthy Fats			
ı	Foods	Oils	
Avocado	Pecans	Avocado Oil	
Guacamole	Pine Nuts	Canola Oil	
Olives	Sesame Seeds	Corn Oil	
Peanut Butter	Walnuts	Flaxseed Oil	
Almond Butter	Almonds	Olive Oil	
Sunflower Seed Butter	Peanuts	Peanut Oil	
Brazil Nuts	Pistachios	Safflower Oil	
Cashews	Pumpkin Seeds	Sesame Oil	
Chia Seeds	Sunflower Seeds	Sunflower Oil	
Flax Seeds	Other	_ Vegetable Oil	
Hazelnuts	Other	_ Walnut Oil	
Hemp Seeds	Other	Other	
Macadamia Nuts	Other	Other	

Seaso	onings	Beverages	Other
Asian 5 Spice Blend	Low Sodium Broth-	Bottled Water	
Balsamic Vinegar	Beef/Chicken/Vegetable	Club Soda	
Brown Sugar	Mustard- Brown/Yellow	Coconut Water	
Chili Powder	Onion- Fresh/Powder	Coffee	
Cilantro- Dried/Fresh	Poultry Seasoning	Mineral Water	
Cinnamon	Pumpkin Pie Spice	Sparkling Water	
Dried Basil	Red Pepper Flakes	Sugar-free Flavored Water	
Dried Parsley	Vinegar- Cider/Red/White	Sugar-free Iced Tea	
Garlic- Fresh Whole or	Salt-Free Seasoning	Tea Bags	
Peeled/Powder	Blends- Mrs. Dash	Other	
Ginger- Fresh/Powder	Sugar	Other	 -
Honey	Tomato Paste	Other	
Hot Sauce	White Vinegar	Other	
Italian Seasoning Blend	Za'atar Mid East Blend	Other	
Lemon/Lime- Fresh/Juice	Other	Other	
Lemon Pepper	Other		