



# Tips for Choosing Muscle-Centric Prepared Foods From Your Supermarket

- Compare product [nutrition facts](#) before deciding what to buy. Look for *more* protein and *less* fat, sodium, and added sugars.
- Check ingredients to be sure they align to your preferences.
- Many stores take both phone and online orders may require ordering an hour ahead.
- Foods may be sold hot or cold. If you're not sure, call and ask. Some stores will heat cold foods if requested.
- Select foods you can easily identify as key meal components:
  - Simple main dishes that provide protein (or protein and vegetables), such as rotisserie chicken (or grilled chicken and veggie kabobs)
  - Vegetable side dishes, such as seasoned carrots.
- Avoid “heavy” dishes with gravies, sticky-sweet or creamy sauces and dressings, and that are breaded.
  - Look for grilled, baked, and broiled proteins.
  - Go for simply seasoned vegetables.
- Examples of foods available at one store follow. Look for similar items in your local market.



Sample Muscle-Centric Supermarket Prepared Food Finds:

# Quality Protein

**Suggested Amount to Eat:**

**At least 5 oz cooked to supply about 35 grams of quality protein  
(have more if your meal target is higher)**



Rotisserie Chicken or  
Split Turkey Breast



Grilled Pork Loin  
Kebabs with Vegetables



Grilled Salmon



Grilled Rosemary Chicken Breast

We also found:

- Cooked Filet of Cajun Catfish
- Cooked Plain Salmon Burgers
- Cooked Baked Sun Perch
- Cooked Shrimp Scampi (sold without pasta)



## Sample Muscle-Centric Supermarket Prepared Food Finds: Quality Carbs – Non-Starchy Vegetables

**Suggested Amount to Eat:**  
**At least 2 cups combined total**  
8-oz container = about 1 ½ cups  
16-oz container = about 3 cups



Okra & Tomatoes



Brussel Sprouts and  
Kale Slaw



Field Greens with Goat  
Cheese Salad



Grilled Asparagus  
with Spring Herbs



Lemon Dill Carrots



Broccoli Crunch  
Salad



Sherry Glazed Beets



Green Beans with  
Shallot and Parsley



Garlic Herb Roasted  
Sweet Potatoes



Sample Muscle-Centric Supermarket Prepared Food Finds:  
**Quality Carbs –Starchy Vegetables**

**Suggested Amount to Eat:**  
**About ½ cup combined total**  
8-oz container = about 1 ½ cups  
16-oz container = about 3 cups



Lightly Seasoned  
Corn



Lightly Seasoned  
Black Beans



Lima  
Beans