

BEGINNER TRAINER

SHOPPING LIST

PROTEIN SOURCES

- Chicken Breast
- Turkey Breast
- Fish
- Lean Steak
- Lean Pork Loin
- Ostrich
- Venison

FIBROUS CARBS

- Broccoli
- Asparagus
- Cabbage
- Spinach
- Cauliflower
- Bell Peppers
- Lettuce
- Cucumber
- Tomatoes

VEGETARIAN

- Whey Protein Isolate
- Cottage Cheese
- Egg Whites
- Eggs
- Soy
- Greek Yogurt

FRUIT SOURCES

- Apples
- Bananas
- Cantaloupe
- Pears
- Plums
- Grapes
- Kiwi
- Apricots
- Nectarines
- Peaches
- Blueberries
- Oranges
- Grapefruit
- Strawberries

COMPLEX CARBS

- Potato
- Sweet Potato
- White Rice
- Brown Rice
- Oatmeal
- Quinoa
- Couscous
- Rye Bread
- Whole Wheat Bread
- Whole Wheat Rice Cakes
- Whole Wheat Pasta
- Yams

FAT SOURCES

- Egg Yolks
- Almonds
- Walnuts
- MCT Oil
- Avocado
- Coconut Butter
- Flaxseed Oil