

KRIS GETHIN'S 8-WEEK **HARDCORE** DAILY VIDEO TRAINER

GROCERY LIST



PROTEIN

- Chicken breast
- Turkey breast
- Cod
- Tilapia
- Pollock
- Low-fat steak (one meal per day)
- Salmon (one meal per day)
- Egg whites
- Low-fat cottage cheese
- Tofu
- RE-KAGED
- KASEIN

FATS

- Fats will come from natural
- food sources on this list.

FIBROUS VEGETABLES

- Broccoli
- Asparagus
- Kale
- Cabbage
- Zucchini
- Lettuce
- Cucumber
- Celery

CARBS

- Yams
- Potato
- Rice
- Oats
- Rice cakes
- Quinoa