



ALPHA LION GROCERY STORE

CHEAT-SHEET

IMPORTANT: "80% of your Grocery Store Items and Groceries Should Come from This List"

CATEGORY #1

BEST PROTEIN

OPTIONS



- ✓ Organic Eggs
- ✓ Sirloin Steak
- ✓ Lean ground Beef (90%+)
- ✓ Ground Buffalo
- ✓ Albacore tuna
- ✓ Fresh Salmon
- ✓ Fresh Cod
- ✓ Fresh Mahi Mahi
- ✓ Shrimp
- ✓ Liquid Egg Whites
- ✓ Whey Protein Powder
- ✓ Skinless Chicken breast
- ✓ Fat Free Greek Yoghurt
- ✓ Edamame
- ✓ Ground Turkey
- ✓ Pork Chops
- ✓ Canned Salmon
- ✓ Ahi Tuna
- ✓ Sashimi Sushi
- ✓ Fresh Tilapia
- ✓ Soy Protein Powder
- ✓ Hemp Protein Powder
- ✓ Rice Protein Powder
- ✓ Rotisserie Chicken



CATEGORY #2

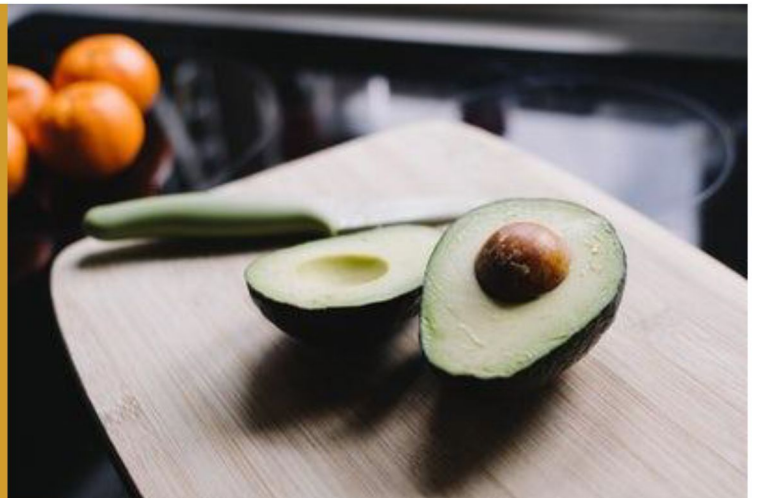
BEST CARBOHYDRATE OPTIONS



- ✓ Lentils
- ✓ Brown Rice
- ✓ Quinoa
- ✓ Any Fruit
- ✓ Steel Cut Oats
- ✓ Wild Rice
- ✓ Sweet Potato
- ✓ Rice Cakes
- ✓ Any Vegetable
- ✓ Oatmeal
- ✓ Chick-Peas
- ✓ Red Skin Potato
- ✓ Whole Grain Cereal
- ✓ Brown Rice Pasta

CATEGORY #3

BEST FAT OPTIONS



- ✓ AVOCADO
- ✓ Peanut Butter (Sparingly)
- ✓ FLAX SEEDS
- ✓ Almonds
- ✓ Whole Eggs (also a protein)
- ✓ COCONUT OIL
- ✓ CHIA SEEDS
- ✓ Brazil Nuts
- ✓ Guacamole (sparingly)
- ✓ Almond Butter (sparingly)
- ✓ HEMP SEEDS
- ✓ Walnuts
- ✓ OLIVE OIL
- ✓ Avocado Oil
- ✓ Salmon (also a protein)



CATEGORY #4 BEST CONDIMENTS



- ✓ Hot Sauce
- ✓ Mustard
- ✓ Lime Juice
- ✓ Coconut Amino
- ✓ Hummus
- ✓ Lemon Juice
- ✓ Olive Oil
- ✓ Sugar Free Ketchup (sparingly)
- ✓ Sugar Free BBQ
- ✓ Vegan Mayo (sparingly)
- ✓ Lo-Cal Salad Dressing
- ✓ Low Sodium Soy Sauce (Sparingly)

NOTE: As a general rule you should look for "condiments" that don't have added sugar and added vegetable fat such as "soybean oil"

CATEGORY #5 BEST DRINK OPTIONS



- ✓ WATER – Drink lots!
- ✓ Kombucha
- ✓ Almond Milk
- ✓ Club Soda
- ✓ Green Tea
- ✓ Any other "nut milks"
- ✓ Coconut Water (My personal favorite)
- ✓ Black Coffee
- ✓ Regular Milk (Drink Sparingly)



- ✓ Orange Juice (Good post workout)
- ✓ Any Other Fruit/Vegetable Juice
- ✓ Aloe Vera Juice
- ✓ Grapefruit Juice (Good Post workout)
- ✓ Diet Soda (Use Sparingly)
- ✓ Gatorade (Good drink post workout)
- ✓ High Sugar Sodas (Use as a post workout Crave Treat)

CATEGORY #6 BEST "CRAVE OPTIONS"



NOTE: These are the post workout "reward" and ideally you want to pick a Crave Food that is lower in fat. No more than 20% of your daily calories should come from these options. If you don't have a sweet tooth any post workout Carb Source will do.

- ✓ Gummy Bears
- ✓ Twizzlers
- ✓ Oreo Cookies
- ✓ Chocolate Pudding
- ✓ Smoothies (Typically high in sugar so use as a CRAVE reward)
- ✓ Rice Krispies Treats
- ✓ Skittles
- ✓ Milkshakes
- ✓ Low Fat Ice Cream
- ✓ Jello-O
- ✓ Candy Bars (Try to pick the ones lower in fat)
- ✓ Starburst
- ✓ Fat Free Frozen Yoghurt
- ✓ Low Fat Cheesecake
- ✓ Cookies
- ✓ Cupcakes (Best to pick the ones lowest in fat)

ANYTHING YOU CRAVE POST WORKOUT – It's the "Crave Diet" After all!

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