

ATHLETE GROCERY SHOPPING LIST

BUILD A SHOPPING LIST BY SELECTING ITEMS TO FILL YOUR PERFORMANCE PLATES!

CARBS

Choose 100% whole wheat/grain options

- Bread
- English Muffins
- Bagels
- Dry cereal
- Oatmeal
- Granola Bars (Kashi, Luna, Clif, LaraBar)
- Tortilla/Wraps
- Pita Bread
- Pasta
- Rice
- Couscous
- Quinoa
- Potatoes (white/red/sweet)
- Crackers (Triscuits, Wheat Thins, Graham)
- Pretzels
- Low-Fat Popcorn
- Baked Chips
- Fig Newtons
- Corn

PROTEIN

Opt for mostly lean protein sources

- Eggs
- Chicken Breast (boneless, skinless)
- Turkey
- Turkey products (sausage, bacon)
- Lean Deli Meat
- Lean Beef (90/10 or better)
- Sirloin/Tenderloin
- Fish (salmon, tilapia, cod...)
- Shrimp
- Tuna packets
- Pork Tenderloin
- Tofu
- Milk (regular, chocolate milk)
- Greek yogurt/yogurt
- Cheese
- String Cheese
- Beans
- Edamame
- Lentils
- Beef or Turkey Jerky
- Protein Bars (10-15 g protein)
- Protein Powder (whey, soy, pea - 3rd party tested)

COLOR

Choose fresh, canned, or frozen

- Green leafy lettuce
- Bagged Salad
- Broccoli
- Asparagus
- String beans
- Bell peppers
- Brussels sprouts
- Cauliflower
- Celery
- Cucumber
- Carrots
- Mushrooms
- Onions
- Squash
- Tomato
- Zucchini
- Beets
- Cabbage
- Apple
- Banana
- Berries
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Mandarin Oranges
- Mango
- Melon
- Orange
- Peaches
- Pears
- Plums
- Dried fruits (1 tbsp = 1 serving)
- Fruit Cups (in own juice)
- 100% Fruit Juice

HEALTHY FATS

- Oils (olive, canola)
- Avocado/Guacamole
- Nuts (almonds, walnuts, pistachios, peanuts)
- Nut Butter (peanut, almond, cashew)
- Olives
- Seeds
- Flaxseed

CONDIMENTS & SPICES

- Spices (fresh/dried)
- Vinegars (balsamic, apple)
- Salsa
- Mustard
- BBQ Sauce
- Ketchup
- Oil-based Salad Dressings
- Hummus
- Tomato Sauce