

HARDBODY FITNESS

Grocery List

(1) Protein

Beef:

Sirloin

Roast Beef

Flank Steak

Ground Beef (90% or more Lean)



Round Steak



Top Round

Poultry:

Chicken Breast (no skin)

Turkey Breast

Deli Turkey Breast



Canned Chicken Breast (Swanson's)

Canned Turkey Breast

Ground Turkey



Fish:

Tuna (in water)

Orange Roughy

Scallops

Salmon (canned in water or fresh)

Cod

Red Snapper

Shrimp

Flounder

Perch

Whitefish

Halibut

Pollock

Swordfish



Dairy:

1% Milk

Low Fat Cheese

Skim Milk

Cottage Cheese

Fat Free Milk

Eggs (mixed 3 whites to 1 yolk)

Regular Yogurt



(2) Complex Starchy Carbohydrates

Oatmeal

Brown Rice

Special K

Cooked Rice (brown or white)

Cream of Rice

Rice Cakes

Corn



Cream of Wheat

Potatoes

Peas

Beans (white, pinto, kidney or black)

Puffed Rice

Sweet Potatoes

(3) Fibrous Vegetables

Asparagus

Carrots

Green Beans

Tomato

Broccoli

Cauliflower

Lettuce

Zucchini

Brussels Sprouts

Celery

Mushrooms

Water Chestnuts

Cabbage

Cucumbers

Spinach



(4) Fruit

Apple

Orange



Banana

Peach



Cantaloupe

Strawberries

Grapefruit



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(5) Free Foods

Drinks :

Bouillon or Broth (no fat)
Coffee or Tea (no sugar added)
Soft Drinks (calorie-free)



Vegetables :

Cabbage Celery Cucumber Green Onion Hot Pepper
Mushrooms Radishes Salad Greens (lettuce, romaine, spinach raw)
Squash



Sweet Substitutes:

Sugar-free Gelatin Sugar-free jam or jelly (2tsp)

Condiments :

Catsup (1 tbsp) Horseradish Hot Sauce
Salad Dressing (low calorie 2 tbsp) Mustard Dill Pickles
Taco Sauce (1 tbsp) Vinegar

(6) Sources of Good Fats

Almond Butter Almonds Olives and Olive Oil
Canola Oil Avocado Cashews
Peanuts Peanut Oil Natural Peanut Butter
Hazelnuts Sesame Seed



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