

## **Week 1 Shopping List**

Here is a short list of staple items to get you started in preparing for what's to come. Most of these foods are familiar and an expanded list will be given out with this to compliment it. Check with coaches on foods or items you are uncertain of. As for the foods absent from this list that are obviously not moving you in the direction of your goals, get rid of them. Don't wait for moments of weakness to turn the tables on you crushing momentum and nullifying your hard work. Out of sight, out of mind but most importantly; out of reach. Be proactive. Set the game up to win.

**Protein Sources- Pro-tein "the first"** These foods are responsible for increasing your metabolism as well as maintaining , repairing and rejuvenating your lean tissue (muscle, tendons, ligaments) especially after exercise. Having a serving with each meal or snack is the crucial first step to becoming a lean, strong, flexible machine.

- Egg Whites in Carton
- Omega 3 Eggs
- Chicken Breasts or any Extra Lean Ground Poultry
- Coach Recommended Protein Supplement
- Any Whitefish, Salmon or Canned Tuna/Salmon
- Natural Low Fat Plain Yogurt
- 1-2% Cottage Cheese
- Extra Lean Ground Beef

### **Carbohydrate Sources**

- Oatmeal (Steel Cut or Large Flake)
- Beans and Lentils
- Brown Rice
- Quinoa
- Sweet Potatoes
- Whole Grain Bread (Check with Coaches)
- Whole Wheat Pasta

### **Healthy Fat Sources**

- Unsalted Mixed Nuts (Limit Peanuts)
- Extra Virgin Olive Oil
- Natural Peanut Butter or other nut butters
- Fish Oil Liquid or Capsules
- Low-fat cheese or Cheese strings (20% M.F. or lower)
- Renee's Light Caesar Salad Dressing
- Light Balsamic Vinaigrette

**Vegetables**

Spinach

Asparagus

Broccoli

Tomatoes

Cucumber

- \* of course, other vegetables count, and you can add them as you go. We are intentionally keeping the list short, because in the beginning, too much choice can be distracting. Don't worry, the possibilities are endless!