

Grocery List for Athletes



Meat (protein)

- ☐ Boneless, skinless chicken breasts
- ☐ Chicken thighs and legs
- ☐ Pork tenderloin
- ☐ Pork chops, boneless or bone-in
- ☐ Canned tuna or chicken (water packed)
- ☐ Frozen boneless fish fillets
- ☐ Extra lean ground beef or ground round (92-96%)
- ☐ Top round steaks/roast (ex, London broil)
- ☐ Top sirloin
- ☐ Flank steak (stir fry, fajita strips)
- ☐ Ground turkey breast
- ☐ Lean deli meats for sandwiches
- ☐ Turkey sausage, turkey bacon
- ☐ _____
- ☐ _____
- ☐ _____



Grains (quality carbohydrates)

- ☐ Oatmeal (old fashioned or quick oats)
- ☐ Hot cereals (oatmeal, Cream of Wheat, grits)
- ☐ Whole grain cereals (Shredded Wheat, Cheerios, Wheaties, Special K)
- ☐ All purpose pancake/bread/muffin mix
- ☐ Pasta (white, whole wheat, vegetable)
- ☐ Rice (brown, white, jasmine, basmati, wild)
- ☐ Couscous
- ☐ Sandwich breads, flatbread, pita bread
- ☐ Soft tortillas (flour, corn, spinach, sun-dried tomato)
- ☐ English muffins, bagels
- ☐ Crackers (saltines, Wheat Thins, Ritz, Triscuit)
- ☐ Baked chips
- ☐ Fig Newtons
- ☐ Popcorn
- ☐ Oatmeal cookies
- ☐ Pretzels
- ☐ _____



Vegetables (fresh, frozen, or canned)

- ☐ Green leafy lettuce (green leaf, red leaf, butter leaf, romaine, spinach)
- ☐ Bagged salad
- ☐ Broccoli
- ☐ Canned beans (pinto, black, kidney, baked, refried vegetarian, Great Northern, lima)
- ☐ Asparagus
- ☐ String beans
- ☐ Bell peppers
- ☐ Brussels sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Carrots
- ☐ Mushrooms
- ☐ Onions
- ☐ Sweet potatoes (yams)
- ☐ Potatoes (red, baking, new)
- ☐ Tomatoes
- ☐ Zucchini
- ☐ Vegetable juices (V-8, V-8 Splash)
- ☐ _____
- ☐ _____
- ☐ _____



Fruits (fresh, frozen, canned in juice)

- ☐ Bananas
- ☐ Apples
- ☐ Melons (cantaloupe, honeydew, watermelon)
- ☐ Grapefruit
- ☐ Peaches
- ☐ Plums
- ☐ Kiwi
- ☐ Mango
- ☐ Papaya
- ☐ Strawberries, blueberries, raspberries, blackberries
- ☐ Lemons or limes
- ☐ Oranges, tangerines, tangelos, clementines
- ☐ Mandarin oranges
- ☐ Seedless grapes
- ☐ Dried fruits--figs, raisins, plums, apricots, papaya
- ☐ Individual fruit snack cups
- ☐ 100% fruit juices (orange, pineapple, grapefruit, apple, cran-apple, Juicy Juice)



Healthy Fats



- ☐ Peanut butter or Almond Butter
- ☐ Olive oil
- ☐ Canola oil
- ☐ Nuts (peanuts, almonds, walnuts, pistachios, pecans, cashews)
- ☐ Olives
- ☐ Avocado
- ☐ _____
- ☐ _____
- ☐ _____



Dairy Case

- ☐ Cottage cheese
- ☐ Cream cheese (plain or flavored)
- ☐ Low-fat or non-fat milk (usually light blue, green, or pink cap)
- ☐ Margarine
- ☐ Eggs
- ☐ Low-fat or non-fat yogurts (Greek or regular)
- ☐ Reduced fat cheeses (shredded, block, slices)
- ☐ _____
- ☐ _____
- ☐ _____



Frozen Foods

- ☐ Burritos
- ☐ Waffles
- ☐ Skillet meals (vegetable/chicken/pasta blends)
- ☐ Individual meals
- ☐ Vegetables
- ☐ Fruit
- ☐ Soy burgers
- ☐ Vegetarian sausage (Morningstar Farms)
- ☐ Pizza (chicken, vegetable or cheese)
- ☐ _____
- ☐ _____
- ☐ _____

Other Beverages

- ☐ Water
- ☐ Gatorade, Powerade
- ☐ Crystal Light
- ☐ _____
- ☐ _____



Condiments & Miscellaneous

- ☐ Mustard
- ☐ Ketchup
- ☐ Mayonnaise or mayonnaise-type dressing
- ☐ BBQ sauce
- ☐ Salsa
- ☐ Steak sauce
- ☐ Salad dressings
- ☐ Soy sauce
- ☐ Teriyaki sauce
- ☐ Worcestershire sauce
- ☐ Balsamic vinegar
- ☐ Chili powder
- ☐ Maple syrup
- ☐ Beef or chicken broth, canned
- ☐ Bouillon cubes
- ☐ Tomato sauce, puree, paste
- ☐ Prepared spaghetti sauce
- ☐ Spices (garlic, basil, oregano, pepper/salt, thyme)
- ☐ _____
- ☐ _____
- ☐ _____