

A LEAN LIFE | HEALTHY GROCERY LIST

LEAN MEATS / LEAN BEEF / LEAN PORK

Beef Tenderloin (Filets)
Bubba Burgers - Turkey
(190 calories per turkey patty)
Ground Beef
(80%+ Lean)
(93% Lean is Best)
Pork Tenderloin
(as lean as skinless Chicken Breast)
Round Steak
Sirloin Steak

POULTRY

Skinless Chicken Breast

PROTEINS - MISC

Eggs
Skim Milk
Veggie Burgers

FISH

Cod
Flounder
Haddock
Pollock
Salmon

COMPLEX CARBS (Whole Grain Foods)

Bread (100% Whole Wheat)
Brown Rice
Cereal - General Mills - Fiber One
Oatmeal
Quinoa

HEALTHY OILS

Udo's Oil
Olive Oil
* Glass/Dark bottle
* USDA Organic
* "Best By" Date if available
* Use w/in 60 days > Small Bottle

PROTEIN POWDER

MuscleTech - Great post-workout
(buy at Walmart)
(Phase 8 -or- NitroTech)

HEALTHY FRUITS

Apples (1 apple = 100 calories)
Avocado (1 avocado = 190 calories)
Blueberries (1 cup = 100 calories)
Grapefruit (1 grapefruit = 100 calories)
Kiwi
Lemons (1/4's in Water - Tasty)
Pineapple
Raspberries (1 cup = 60 calories)
Strawberries (1 cup = 50 calories)

HEALTHY VEGETABLES / LEGUMES

Asparagus
Black Beans
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Collard Greens
Garlic
Ginger
Kale
Spinach

NUTS

Almonds (10 almonds = 60 calories)
(Regular - not salted, not smoked)
Walnuts (Halves) [1/4 cup = 190 calories]
(Both are great snacks in a ziploc bag)

SNACKS / MISCELLANEOUS

Carb Smart Fudge Pops (60 calories)
Carb Smart Chocolate Ice Cream
Low-carb Wraps
Ground Flaxseed
(buy at Health Food Store)
(1 Tbspn mixed in Water or a drink)
Muscle Milk - healthy protein drink
Protein Bars (~ 200 calories per bar)
(Think Thin, Pure Protein)
Sparkling Ice (bottled drink)
(Tasty, Healthy Drinks)
Spray Butter - (adds flavor to veggies/food)
(0 Calories)
(*"I Can't Believe It's Not Butter"*)