

GROCERY GAINS GUIDE

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With this guide, you'll never be unsure of what to buy at the grocery store again. Hope you enjoy!



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Top 10 Protein Sources to Buy

You definitely don't need to buy all of these everytime you go to the grocery store. My advice would be to pick 4-5 of your favorites and stick with those as your main protein sources. There's many more great options out there, but these are my personal favorites, as I've seen them work the best for myself and my clients.

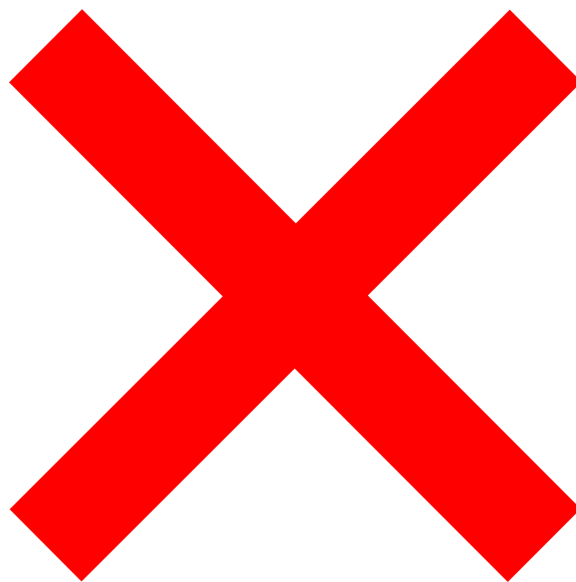
1. Eggs
2. Liquid Egg Whites
3. Skinless Chicken Breast
4. Lean Ground Beef (90/10 or leaner)
5. Lean Ground Turkey (90/10 or leaner)
6. Wild Salmon
7. Canned Tuna
8. Turkey Bacon
9. Greek Yogurt
10. Cottage Cheese



Protein Sources to AVOID

The main reason we want to avoid these protein sources is because they are all VERY high in fat. They all contain a good amount of protein, but the amount of fat outweighs the benefits of the protein.

1. Peanut Butter
2. Fatty Ground Meats (Anything less than 90% lean)
3. Hot Dogs
4. Sausage
5. Processed Deli Meats



Great Sources of Carbohydrates

As you may or may not know, carbohydrates are our main source of energy. So we **MUST** consume high quality carbohydrates if we want to perform at our best.

1. Oats or Oatmeal
2. Fruit
3. Vegetables
4. Sweet Potatoes
5. Jasmine Rice
6. Quinoa
7. Whole Grain Bread (Brownberry Organic 22 Grains and Seeds is my favorite. Picture posted below.)



22 Grains & Seeds

20
oz

Weekly Shopping List

Fruits and Vegetables

Fruits

- Oranges
- Apples
- Banannas

Vegetables

- Sweet Potatoes
- Onions
- Garlic
- Spinach
- Lettuce
- Tomatoes

Grains and Seeds

Grains

- Jasmine Rice
- Whole Wheat Pasta

Nuts, Seeds

- Mixed Nuts (Pecans, Walnuts, Almonds)
- Raisins

Meat, Dairy, Non-Dairy

Fish, Seafood

- Wild Salmon
- Canned Tuna

Meats

- Ground Turkey
- Chicken Breast
- Pork Tenderloin
- Beef Steaks

Dairy

- Cottage Cheese
- Parmesan Cheese
- Greek Yogurt 0% Fat

Non-Dairy

- Eggs
- Almond Milk

My Top 8 Grocery Shopping Tips

1. **NEVER** Shop Hungry - if you're hungry heading into the store, you're most likely going to make some bad purchases and you'll also drive up your grocery bill.
2. **AVOID** Shopping on Sunday Afternoons - this is usually the busiest time of the week, and stores often get crowded.
3. **ALWAYS** shop with a list - set yourself up for success. Just like with your workouts, if you don't have a plan, you're setting yourself up for failure.
4. **Always** Grab Meat and Dairy Items Last - items that need to stay cold should always be picked up toward the end of your trip.
5. **DON'T** buy an item just because it's on sale - just because an item is on sale, doesn't mean it's the cheapest option. Look around and compare.
6. Take a photo of your fridge before heading to the store - this way if you forget to write something down on your list, you can refer back to your picture to check if you need it. This can be done with the pantry as well.
7. Grab Perishable Items from the Back of the Shelf - Stockers use a first-in, first-out organization method (and so should you). They stock new inventory behind the older inventory
8. **ALWAYS** return your shopping cart- don't be a lazy asshole. Return your shopping cart.