

PROTEINS

Boneless, Skinless Chicken Breast
Tuna (water packed)
Fish (salmon, seabass, halibut)
Shrimp
Extra Lean Ground Beef or Ground Round (92-96%)
Venison
Buffalo
Ostrich
Protein Powder
Egg Whites or Eggs
Ribeye Steaks or Roast
Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
Top Sirloin (aka Sirloin Top Butt)
Beef Tenderloin (aka Filet, Filet Mignon)
Top Loin (NY Strip Steak)
Flank Steak (Sir Fry, Fajita)
Eye of Round (Cube Meat, Stew Meat, Bottom Round, 96% Lean Ground Round)
Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

COMPLEX CARBS

Oatmeal (Old Fashioned or Quick Oats)
Sweet Potatoes
Yams
Beans (pinto, black, kidney)
Oat Bran Cereal
Rye Cereal
Brown Rice
Farina (Cream of Wheat)
Multigrain Hot Cereal
Whole wheat or Spinach Pasta
Rice (white, jasmine, basmati, Arborio, wild)
Potatoes (red, baking, new)

FIBROUS CARBS

Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
Broccoli
Asparagus
String Beans
Spinach
Bell Peppers
Brussels Sprouts
Cauliflower
Cabbage
Celery
Cucumber
Eggplant
Green or Red Pepper
Onions
Pumpkin
Garlic
Tomatoes
Zucchini

**Even though these foods are considered healthy, proper calorie (Calculated calorie needed to maintain, gain, or lose) intake MUST be followed to reach required results.*

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FRUIT

(if acceptable on diet): bananas, apples, grapefruit, peaches, strawberries, blueberries, Raspberries, lemons or limes

HEALTHY FATS

Natural Style Peanut Butter
Olive Oil or Safflower Oil
Nuts (Peanuts, Almonds, Flaxseed Oil)
Cod Oil

DAIRY AND EGGS

Low-fat cottage cheese
Eggs
Low or Non-Fat Milk
Bottled Water

CONDIMENTS + SPICES

Diet Soda
Crystal Light
Fat Free Mayonnaise
Reduced Sodium Soy Sauce
Reduced Sodium Teriyaki Sauce
Balsamic Vinegar
Salsa
Hot Peppers and Hot Sauce
Chili powder
Mrs. Dash
Steak Sauce
Sugar Free Maple Syrup
Chili Paste
Mustard
Extracts (vanilla, almond, etc)
Low Sodium beef or chicken broth
Plain or reduced sodium tomatoes sauce, puree, paste)

*CLEAN-FOOD GROCERY LIST



"INSPIRATION BEHIND THE PERSPIRATION"
www.mrfitnessinc.com
786.205.3953
James Bennett, Jr.
Certified Personal Trainer

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