



PERFORMANCE GROCERY SHOPPING

BEST SPORTS BAR CHOICES

POWER BAR NUT NATURALS • POWER BAR PERFORMANCE • POWER BAR TRIPLE THREAT • POWER BAR HARVEST • CLIF BAR • CLIF MOJO BAR • KASHI GO LEAN CRUNCHY • KASHI GO LEAN BAR • KASHI GO LEAN ROLL GATORADE BAR • ADVOCARE SNACK BAR • LARA BAR • CLIF Z BAR

BEST GRANOLA BAR CHOICES

NATURE VALLEY CRUNCHY • NATURE VALLEY TRAIL MIX • KASHI TLC CHEWY • KASHI TLC • CRUNCHYALL BRAN BAR • SMART START BAR • KELLOGG'S GRANOLA MUNCH'EMS • QUAKER OATMEAL-TO-GO BAR

BEST CRACKER & CHIP CHOICES

WHEAT THINS HARVEST • WHEAT THINS 5-GRAIN • WHEAT THINS MULTI-GRAIN • KASHI TLC CRACKERS • WHOLE GRAIN TRISCUITS • RITZ TOASTED CHIPS • MULTI-GRAIN GOLDFISH • BAKED LAYS • SUN CHIPS • CHEX MIX • PRETZELS • ALLBRAN MULTIGRAIN CRACKERS • GUILTLESS GOURMET TORTILLA CHIPS

BEST CEREALS

QUAKER OATMEAL SQUARES • MULTI-GRAIN CHEERIOS • QUAKER MINI WHEATS • YOGURT BURST CHEERIOS • KELLOGG'S ALL BRAN YOGURT BITES • TOTAL WHOLE GRAIN FLAKES • KELLOGG'S CRACKLIN' OAT BRAN • POST GRAPE NUT FLAKES • KELLOGG'S RAISIN BRAN CRUNCH • POST HONEY BUNCHES OF OATS • KELLOGG'S SMART START • COMPLETE BRAN FLAKES • LOW-FAT GRANOLA • KASHI HEART-TO-HEART • TOTAL OATMEAL CRISP • QUAKER WEIGHT CONTROL OATMEAL • FIBER ONE HONEY CLUSTERS • KELLOGG'S RAISIN BRAN • POST GRAPE NUTS TRAIL MIX CRUNCH • KASHI GO LEAN CRUNCH • QUAKER OATMEAL



BEST DAIRY CHOICES TO GAIN WEIGHT

2% MILK • 2% CHEESE • YOPLAIT YOGURT • YOPLAIT WHIPS • YOPLAIT THICK & CREAMY • YOPLAIT GREEK 2 X PROTEIN • KROGER CARB MASTER

TO LOSE WEIGHT

SKIM MILK • 2% CHEESE • YOPLAIT LIGHT • DANNON LIGHT-N-FIT • ACTIVIA LIGHT • KROGER CARB MASTER • YOPLAIT GREEK 2 X PROTEIN

FRUIT CHOICES

BERRIES (BLUEBERRIES, RASPBERRIES, STRAWBERRIES) • CHERRIES • MELONS • PINEAPPLE • PEACHES • GRAPES • MANGOS • GRAPEFRUIT • ORANGES • DRIED FRUITS • BANANAS

VEGETABLE CHOICES

MIXED SALAD GREENS • BELL PEPPERS • BROCCOLI • SWEET POTATOES • MUSHROOMS • TOMATOES • ZUCCHINI • SQUASH • CAULIFLOWER • SPINACH • GREEN BEANS • CARROTS

BEST GRAIN/BREAD CHOICES

BROWN RICE (BOIL IN A BAG) • WHOLE WHEAT PASTA • MULTI-GRAIN ENGLISH MUFFINS • QUINOA • WHOLE WHEAT BREAD • WHOLE WHEAT TORTILLAS • FLAT OUT WRAPS

BEST MEAT CHOICES

LEAN GROUND TURKEY • TURKEY SAUSAGE • TURKEY PEPPERONI • BEEF JERKY • PORK TENDERLOIN • WILD SALMON • TUNA • RAINBOW TROUT • SEA BASS • HALIBUT (TILAPIA AND COD ARE LOWER IN OMEGA FATTY ACIDS, BUT STILL GOOD)

GROCERY SHOPPING TIPS: CHEAPER AND HEALTHIER

1. BEANS AND EGGS ARE EXCELLENT CHEAP SOURCES OF PROTEIN.
2. CHOCOLATE MILK IS AFFORDABLE AND GREAT FOR RECOVERY AFTER WORKOUTS. PERFECT 2-4:1 CARB/PROTEIN RATIO.
3. WHEN BUYING FRUITS AND VEGETABLES, FRESH IS BEST, FROZEN IS SECOND, AND CANNED IS OUR THIRD OPTION FOR OPTIMAL NUTRITIONAL VALUE.
4. WHEN PURCHASING FRUITS AND VEGETABLES, IMMEDIATELY CUT THEM AND PLACE IN CONTAINERS TO HAVE EASILY ACCESSIBLE FOR COOKING OR SNACKING.
5. FROZEN VEGETABLES ARE CHEAPER THAN FRESH. STEAM IN THE MICROWAVE OR STEAMER.