

Unique Physique

Printable Grocery List

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Dairy

2% or no-fat Milk
2% or no-fat cottage cheese
2% or no-fat Cheese
Yogurt butter

Meat

Lean ground buffalo or ground beef (the most lean you can find)
Boneless chicken breast
Sliced turkey
Tuna or salmon (canned or fresh)
Eggs or egg whites
Beef or turkey jerky

Fruits & Vegetables

Bananas
Oranges
Grapes
Cranberries
Asparagus
Carrots
Squash
Sweet potato
Humus
Salad mix
Black beans
Mixed dried fruit

Starches

Whole wheat waffle mix
Oatmeal
Multigrain bread (not enriched or bleached)
Whole wheat noodles or spaghetti
Sweet potato chips
Whole wheat crackers
Granola Miscellaneous
Olive Oil
Season all
Frozen whole wheat pizza
Mixed nuts or trail mix
Protein powders or meal replacement bars



*Use this list as a guide; keep all meats as lean as possible; keep the variety of fruits and vegetables colorful; consume mainly unbleached and not enriched breads, pasta's, and starches