

# Sports Nutrition Grocery Shopping List

## Proteins

Chicken Breast (fresh/frozen)  
Lean Ground Beef (fresh/frozen)  
Lean Ground Turkey Breast  
Deli Meat: Turkey, Ham, Roast Beef  
Lean turkey/chicken hot dog  
Turkey Sausage  
Salmon – (fresh/frozen/canned)  
Chicken – can in water  
Tuna – can in water  
Fish - Tilapia, Halibut, Haddock,  
Mahi Mahi (fresh/frozen)  
Shrimp, Lobster, Crab  
Flank Steak  
Top Round or Sirolin Steak  
Eggs  
Egg Whites/Egg Substitutes  
Low-Fat Cheese / Cheese Sticks  
Low-fat cottage cheese  
Yogurt: Greek, Low-Fat  
Peanut Butter, Almond Butter  
Tofu

## Drinks

Water  
Low-Fat Milk  
Chocolate Milk  
Gatorade, Powerade  
Juice: Orange, Apple, Cranberry  
V-8 / Vegetable Juice  
Crystal Light, Decaffeinated Tea

## Condiments

Salsa  
Ketchup, Mustard  
Syrup, Jelly, Jam, Honey  
Low-Fat Mayonnaise  
Low-Fat Sour Cream  
Light Salad Dressing  
Margarine  
Oil: Olive, Canola

## Carbohydrates

Potatoes: Baked, Sweet, New  
Rice: Brown, Wild, Instant  
Pasta: Whole Wheat  
Bread: Whole Wheat  
Bagels  
English Muffins  
Hamburger Buns (Wheat)  
Hoagie Sandwich Buns (Wheat)  
Dinner Rolls, Breadsticks (Wheat)  
Tortillas: Wheat, Corn  
Oatmeal  
French Toast (Frozen)  
Pancakes/Waffles (Frozen)  
Cereal: Raisin Bran, Total,  
Wheaties, Frosted Mini Wheats  
Beans: Baked, Pinto, Black, Kidney,  
Low-Fat Refried  
Corn: Kernel, Cream  
Green Peas

## Snacks / Other

Pretzels, Baked Chips, Pita Chips  
Granola Bars, Nutri-Grain Bars  
Graham Crackers, Animal Crackers  
Wheat Thins, Triscuits  
Trail Mix, Chex Mix, Granola  
Nuts: Peanuts, Almonds, Mixed  
Oatmeal Raisin Cookies  
Fig Newtons  
Jello-O, Pudding  
Sherbert, Frozen Yogurt  
Peanut Butter Cracjers  
Canned Soup: Chicken Noodle.  
Beef/Vegetable/Rice, Lentil

## Vegetables (fresh/frozen)

Salad Mix  
Tomatoes  
Carrots (baby)  
Broccoli  
Cauliflower  
Green Beans  
Asparagus  
Spinach  
Greens: Collard, Mustard  
Cabbage  
Squash/Zucchini  
Onion  
Cucumber  
Celery  
Bell Peppers  
Mixed Vegetables  
Mushrooms  
Artichokes  
Avocado

## Fruits (fresh/frozen)

Banana  
Oranges, Grapefruit  
Strawberries  
Blueberries/Blackberries  
Raspberries  
Apples: Green, Red  
Grapes: Green, Red  
Watermelon  
Cantelope  
Honeydew Melon  
Pears  
Peach, Plum  
Applesauce  
Dried Fruit: Raisins, Craisins  
Fruit Cups: Light Syrup/Natural Juice

