

## Shopping Tips:

### 1. Shop the perimeter of the store

The perimeter of the store is where you'll find the best food for your program: fresh vegetables, fruits and lean meats. Along the center aisles you'll find the more processed and packaged foods. Stock your cart with fresh, healthy options to help you stay on track.

### 2. Plan before you go

Make sure to bring your grocery guide and try to get enough food to last a few days. Think of creative ways to combine different ingredients and use leftovers so you'll be prepared at all times.

### 3. Vegetables and fruits: Choose fresh over canned

Many canned vegetables and fruits are loaded with excess salt or sugar - choose fresh or frozen whenever possible (but be sure to check for any caloric additions like butter or sauces).

### 4. These are simply suggestions, not the only foods you're "allowed"

Get creative and explore new fresh, healthy and colorful foods!

#### PROTEINS

- Chicken Breast
  - Eggs
  - Game Meat (bison, buffalo, etc.)
  - Lean Ground Beef or Turkey (≥ 93% lean)
  - Lean Fish (tilapia, salmon, red snapper, cod, etc.)
  - Tofu
  - Tuna (fresh or packed in water)
  - Turkey Breast
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#### HEALTHY FATS

- Avocado
  - Nut Butter (no added sugar, oil or salt)
  - Nuts or Seeds (no added sugar, oil or salt)
  - Oil (extra virgin olive oil, coconut oil, etc.)
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#### MISCELLANEOUS SNACKS

- Hummus
  - Edamame
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#### VEGETABLES

- Asparagus
  - Broccoli
  - Brussels Sprouts
  - Cauliflower
  - Celery
  - Cucumber
  - Dark Leafy Greens (spinach, kale, etc.)
  - Eggplant
  - Green Beans
  - Onion
  - Peppers
  - Salad Greens (spring mix, romaine, etc.)
  - Tomato
  - Zucchini/Squash
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#### DAIRY/NONDAIRY ALTERNATIVES

- Plain Yogurt (nonfat or low fat)
  - Low-Fat Cheese
  - Milk (skim or reduced fat)
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#### COMPLEX CARBS

- Beans
  - Lentils
  - Oatmeal
  - Quinoa
  - Potatoes (any variety)
  - Whole Grains (rice, pasta or bread)
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#### FRUIT

- Apple
  - Banana
  - Berries (strawberries, blueberries, etc.)
  - Cantaloupe
  - Citrus Fruits (oranges, grapefruits, etc.)
  - Grapes
  - Kiwi
  - Mango
  - Melon
  - Pear
  - Pineapple
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## FOODS TO AVOID

High-calorie salad dressings  
Soda (including diet)  
Creamy sauces

Partially hydrogenated oils  
Processed foods  
White flour

Added sugars & candy  
Fried foods  
Alcohol

## SNACK IDEAS

1. Load a few celery sticks with 2 tbsp. of nut butter (almond, cashew, walnut).
2. Edamame makes a great high-protein snack (one cup of beans yields 17g. of protein). Buy them fresh and steam for about six minutes, or use the pre-cooked frozen variety and briefly microwave to defrost (about two minutes).
3. One small apple, sliced, with 2 tbsp. natural peanut butter.
4. Hummus Dippers: Put 2 tbsp. of your favorite hummus in the bottom of the container, stick a handful of vegetable sticks (carrots, celery and snow peas are a great mix) vertically in the hummus, screw on the top and throw in a purse or gym bag for an easy, on-the-go and super-healthy snack.
5. Hard-Boiled Eggs: Inexpensive and loaded with nutrients, eggs are one of the best ways to get a healthy dose of protein. Try hard boiling and pre-peeling a dozen at the start of the week and throw one in a small Tupperware® container each day for an on-the-go snack.
6. Have a busy day? Grab a handful of almonds (1 oz.) and enjoy alongside 1 c. of grapes.
7. Toast one slice of whole-wheat bread and top with two scrambled egg whites. Sprinkle with a dash of pepper and paprika.
8. Top a rice cake (we like the unsalted brown rice variety) with 1/3 of a medium avocado, mashed. Sprinkle with cracked black pepper and paprika.
9. Shake up one serving of AdvoCare® Muscle Gain™ with 1 c. of unsweetened almond milk.
10. Top 1/2 c. low-fat or nonfat cottage cheese with 1/2 c. of your favorite fresh fruit.
11. Mix one can of low-sodium tuna with 2 tbsp. of salsa. Serve by itself or use it as a dip with celery!
12. Top 1 c. nonfat Greek yogurt with a handful of fruit (fresh or frozen) and a small drizzle of honey. Add 2 tbsp. of toasted oats for a protein-packed crunch!
13. Craving something sweet? Try a baked apple! Core a tennis-ball sized apple, dust with cinnamon, and bake at 350 degrees for 20 minutes (or until tender, but not mushy).
14. One cup of cubed cantaloupe and one low-fat string cheese.
15. Eggs aren't just for breakfast! Try one whole egg (or two egg whites) scrambled with a handful of chopped onion, spinach and bell peppers for a healthy snack!

## **SNACK** IDEAS (more!)

16. Jicama is a root vegetable that touts 6g. of fiber per cup. Peel and slice up 1-1/2 c., and dip into a mixture of 1 tbsp. of Greek yogurt, 1 tbsp. of mustard and 1 tsp. of honey.
17. Top 1/2 c. nonfat yogurt with 1/2 c. old-fashioned oats and 1/2 c. fresh strawberries.
18. Yes, you can have your ice cream and stay on track! Simply peel a few bananas, stick them in the freezer and let them hang out for a few hours until they're solid. Put the frozen bananas in a food processor and process until smooth. Finally, add in your choice of mix-ins like peanut butter or fresh strawberries. One serving = 1 banana.
19. Chow down on 10 baby carrots with 2 tbsp. of hummus.
20. Craving something crunchy? Give kale chips a try! Preheat the oven to 375 degrees. Rinse and dry one large bunch of kale, then remove the stems and tough center ribs. Rip the kale into large pieces, toss with a little olive oil (approx. 1 tsp.), then sprinkle with some salt (approx. 1/2 tsp.) and pepper. Arrange in a single layer on a large parchment-lined baking sheet (careful not to overlap). Bake until crisp, about 10 to 15 minutes, checking frequently (they can burn easily!).
21. How about an open-faced turkey sandwich? Toast one slice of whole-wheat bread and spread with 1 tsp. of honey mustard. Top with two slices of deli turkey.
22. Slice up a cucumber and some cherry tomatoes (approx. 1/4 c.) - drizzle with 1 tsp. of olive oil and top with fresh cracked pepper.
23. Mash 1/3 of a medium avocado on a rice cake and top with 2 tbsp. of salsa for a zesty treat!
24. Combine 1/2 a scoop of Muscle Gain™ with 1/2 c. of nonfat Greek yogurt - it's packed with protein and tastes delicious!