

YOUR BULK UP GROCERY LIST

proteins

primary sources

meat, poultry,
and fish:

- grass-fed beef
- free-range chicken
- turkey
- pork
- lamb
- whole eggs
- wild salmon
- sardines, trout, mackerel
- other seafood/fish

secondary sources

dairy:

- full-fat plain Greek yogurt
- full-fat cottage cheese
- full-fat organic cheese
- stevia-sweetened whey protein powder

vegan sources

(*higher-carb)

- beans
- legumes
- tempeh
- seitan
- raw nuts
- no-sugar-added nut butter

limit/avoid

- corn-fed beef
- tilapia
- soy
- albacore tuna

carbohydrates

veggies

low-carb

- artichokes
- broccoli
- green beans
- asparagus
- spinach
- kale
- peppers
- bok choy
- celery
- brussels sprouts
- cucumber
- zucchini
- mushrooms
- cauliflower
- peppers

high-carb

- beets
- carrots
- corn
- jicama
- parsnips
- potatoes/sweet potatoes
- pumpkin
- turnips
- winter squash
- peas

fruit

low-carb

- mixed berries
- cherries
- grapefruit
- kiwi
- nectarines
- tangerines
- peaches
- plums

high-carb

- apples
- bananas
- grapes
- figs
- mango
- pineapple
- papaya
- melon

whole grains

- sprouted or whole-grain bread/pasta brown rice
- old-fashioned/steel cut oats
- quinoa
- bulgur
- barley
- kamut

fats

low-carb fats

- extra-virgin olive oil
- extra-virgin coconut oil
- organic canola oil
- flaxseed
- fish oil/EFA/omega-3 supplement

higher carb fats

- raw, no-sugar-added nut butter
- walnuts
- pumpkin seeds
- hemp seeds
- avocado

limit/avoid

- trans fat
- vegetable oil
- artificial sweeteners

other

- no-sugar added tomato sauce
- no-sugar added salsa
- apple cider, balsamic, and/or red wine vinegar
- spices
- coffee
- tea
- stevia
- unsweetened almond milk
- gender-specific whole food-based multivitamin

#GOALGETTERS 