


Spa
athletic club
Shopping List
(Compiled by Rob Goodwin)

Protein

Salmon
Albacore Tuna (in spring water)
Tuna steak
Trout
Mackerel
Mahi-Mahi
Grouper
Orange Roughy
Chicken breast (white meat, skinless)
Boiled / steamed shrimp
Turkey Breast (white meat)
Egg Whites
Whey Protein Powder
Crab
Elk, moose, venison
Low fat Cottage Cheese
Tofu (soy)
Lean steak (once a week)

All fish should be grilled or broiled - never fried! *Always trim any visible fat.

Beans / Legumes

Black beans
Black-eyed peas
Garbanzo
Kidney
Lentils
Pinto

Vegetables

Artichokes
Asparagus
Avocado
Bell Peppers
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Cucumber
DARK Lettuce (Romaine lettuce)
Eggplant
Garlic
Green beans
Herbs (fresh)
Mixed baby greens
Okra
Onion



Parsley
Radishes
Red, new potatoes
Spinach
Squash
Tomato
Turnips
Turnip greens
Watercress
Zucchini

Complex Carbs

Sweet potatoes (plain)
Oatmeal (regular)
Beans & Legumes
Whole grain or brown rice
Wild rice
Basmati rice
Squash
Corn (fresh or frozen)
Peas
Cream of wheat / Cream of rice (regular) / Cracked Wheat Hot Cereal
Kasha/Kashi (regular & hot cereal) or any 100% whole grain cereal (dry or with soy milk)
Wheat germ
Sprouted grain Bread, Sprouted grain tortilla
Whole grain, rye, or pumpernickel breads (non- enriched)
Buckwheat

Fruit

(NO FRUIT JUICE!)

Cantaloupe
Fresh berries (blueberries, raspberries, strawberries, etc.)
Apples
Grapefruit
Kiwi
Pear
Plum
Apricot

1 to 2 servings per day, fresh (in season) - never canned.

Fats:

(The Good Fats)

Nuts/seeds:

Almonds
Brazil nuts
Flax seeds
Macadamia nuts
Pumpkin seeds
Sesame seeds
Sunflower seeds



*Nuts should be raw and unsalted

Oils:

- Olive
- Sesame seed
- Walnut
- Canola
- Macadamia nut
- Flax seed oil (not for cooking)
- Natural Peanut butter (with the peanut oil resting on the top)

Misc:

- Soy Milk
- Almond milk
- Fresh salsa
- Sprouts
- Unsweetened tea
- Coffee (black is preferred, 1 cup a day)

Supplements: (Ask your trainer for serving recommendations)

- Whey Protein Powder (mixed with water)
- Muscle Milk Powder
- Soy protein powder
- Meal replacement drink
- Quality Multi vitamin
- Flax seed oil
- EFA gel caps
- Super greens (mixed with 1 liter of water)
- pH Drops (added to water)

Additional:

If you don't own a GOOD blender... invest in one.

Get a shaker bottle you like.

Cook for the week on Sunday and Wednesday nights.

The bar-b-que grill is the most invaluable appliance in your home. Make sure you have a good one.

Remind yourself... Food is FUEL!!!

SUPPORT:

Contact Rob at the Spa Athletic Club Today @ 828-328-5949 to schedule a free consultation and claim your free 1-week membership.