

High Performance Shopping List



Grains & Starches

- | | |
|---|---|
| ☐ Quinoa | ☐ Beans - any type |
| ☐ Rice - white or brown | ☐ Peas - canned/frozen/fresh |
| ☐ Pasta - white or whole grain | ☐ Lentils |
| ☐ Oatmeal | ☐ Crackers |
| ☐ Bread - any type | ☐ Rice cakes |
| ☐ Tortilla wrap - white or whole grain | ☐ |
| ☐ Potatoes | ☐ |
| ☐ Sweet potatoes | ☐ |
| ☐ Corn - canned, frozen or on the cob | ☐ |
| ☐ Butternut squash | ☐ |
| ☐ Beets | ☐ |



Fruit & Vegetables

- | | |
|--|--------------------------------------|
| ☐ Berries - frozen, fresh or pureed | ☐ Melon |
| ☐ Apples | ☐ Grapes |
| ☐ Bananas | ☐ Plums |
| ☐ Pineapple | ☐ Peaches |
| ☐ Oranges | ☐ Grapefruit |
| ☐ Pears | ☐ Guava |
| ☐ Tomatoes | ☐ |
| ☐ Kiwi | ☐ |
| ☐ Papaya | ☐ |
| ☐ Watermelon | ☐ |
| ☐ Cherries | ☐ |
| <hr/> | |
| ☐ Broccoli | ☐ Peas |
| ☐ Asparagus | ☐ Cauliflower |
| ☐ Spinach | ☐ Mushroom |
| ☐ Kale | ☐ Zucchini |
| ☐ Lettuce | ☐ Cabbage |
| ☐ Carrots | ☐ Cucumber |
| ☐ Bell peppers | ☐ |
| ☐ Brussel sprouts | ☐ |



Remember to customize your shopping list based on your athlete's dietary requirements.

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Protein

- ☐ Eggs
- ☐ Fish - fresh/frozen/canned
- ☐ Chicken - breast/smoked/sliced/ground
- ☐ Turkey - breast/smoked/sliced/ground
- ☐ Pork - loin/tenderloin/ham slices
- ☐ Lean ground beef (less than 10% fat)
- ☐ Beef jerky
- ☐ Steak - sirloin/filet/flank
- ☐ Yogurt
- ☐ Milk - skim/fat-free/whole
- ☐ Cottage cheese

- ☐ Quinoa
- ☐ Beans
- ☐ Tofu
- ☐ Soy milk
- ☐ Nuts & Seeds

Quality protein sources for plant-based eaters



Healthy Fats

- ☐ Chia seeds
- ☐ Flax seeds
- ☐ Pumpkin seeds
- ☐ Nut butter
- ☐ Hummus
- ☐ Avocado
- ☐ Cheese
- ☐ Nuts

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Salad dressing
- ☐ Low-fat mayonnaise



Here is space for more items:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



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