

Ultimate Grocery List for Athletes



Protein

Pasture Raised Eggs - Free Range Organic Chicken - Turkey - Grass Fed Beef - Salmon - Tuna - Sardines - Mackerel - Lamb - Cod - Venison - Bison - Tofu - Tempeh - Edamame

Be sure to include your favorite grass-fed whey protein powder or plant based protein powder.



Quality Fat

Avocado and Avocado Oil - Olives and Olive Oil - Nuts (All varieties) - Seeds such as Chia, Flax or Sunflower - Nut and Seed Butters (All varieties, this includes but is not limited to cashew, almond, pecan, sesame and sunflower butters) - Coconut Oil - Coconut butter - Full fat canned coconut milk - Shredded coconut flakes - Ghee - Grass fed Butter - Cocoa butter



Vegetables

You can't go wrong in this category, but here are our favorites!
Spinach - Broccoli - Kale - Tomato - Carrots - Celery - Onion - Brussels Sprouts - Romaine Lettuce - Beets -
Swiss Chard - Collard Greens - Garlic - Cauliflower - Peppers - Snap Peas



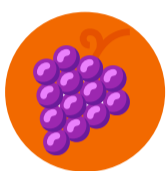
Beverages

Mineral Water - Herbal Tea - Iced Tea - Sparkling Water - Coconut Water - Nut milk - Chocolate plant based milk - Organic cow's milk (only if tolerated) - Organic sports drink of Choice - Organic cold pressed juice



Unrefined Carbohydrate

Purple Potato - Sweet Potato - Squash (all varieties) - Yam - Brown, Black, Purple or Red Rice - Quinoa - Millet - Amaranth - Steel cut oats - Organic corn or corn meal - Legumes (all varieties including black beans, pinto beans, kidney beans, lima beans, black eyed peas etc.), Pasta made from whole food such as lentils, chickpeas or rice.



Fruit

You can't go wrong in this category, but here are our favorites!

Bananas - Cherries - Strawberries - Blueberries - Raspberries - Blackberries - Grapes - Apples - Kiwi - Pomegranate - Orange - Nectarine - Peach - Pear - Lemon - Lime - Mango



Spices & Herbs

Turmeric - Ginger - Cinnamon - Black Pepper - Sea Salt - Cayenne Pepper - Parsley - Rosemary - Cilantro - Oregano - Thyme - Cardamom - Chili Powder - Paprika - Cumin

High-calorie, nutrient-dense sauces & spread options for those wanting healthy weight gain: Pesto - curry - bolognese - avocado mayo (Brand- Primal Kitchen) - guacamole



Best Snacks

Nuts - Seeds - Trail Mix - Dark chocolate - Fruit dipped in nut butter - Organic Greek Yogurt (if tolerated) - Coconut or almond yogurt (Plant Based) w/granola - Organic meat bars (Epic / Chomps) - Simple Mills almond flour crackers w/ hummus or guacamole



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