

ATHLETE'S SHOPPING LIST



PROTEIN

- Eggs/liquid eggs
- Chicken breast (boneless, skinless)
- Turkey
- Turkey products (sausage, bacon, pepperoni)
- Lean beef (90/10 or better)
- Sirloin or tenderloin
- Fish
- Tuna packets
- Pork tenderloin
- Tofu
- Milk (or equivalent non-dairy beverage)
- Greek yogurt/yogurt
- Cottage cheese
- Cheese/string cheese
- Beef or turkey jerky
- Beans
- Edamame
- Protein bars/beverages



VEGETABLES AND FRUITS

- Fresh vegetables (typically those that are dark and bold in color have the most nutrients)
- Frozen vegetables (the frozen steamable bags are great and quick to prepare)
- Canned tomatoes (flavored varieties are very versatile)
- Canned vegetables
- Fresh fruit
- Frozen fruit (great for smoothies, or let bananas get over ripe and then peel and freeze them yourself)
- Canned fruit (in own juice or in water)
- Dried fruit



CARBOHYDRATES

- Bread (100% whole wheat or other whole grain, *white)
- English muffins (100% whole wheat or *white)
- Oatmeal
- Whole grain cereal or granola
- Rice (brown rice, wild rice, *white)
- Pasta (wheat or whole grain, *white)
- Tortillas (whole wheat, corn, *flour)
- Sweet potato
- *White potato
- Whole grain couscous
- Quinoa
- Popcorn
- Trail mix
- *Graham crackers, pretzels, granola bars and other snacks

*Denotes simple carb choices

Beverages

- Water
- Milk
- 100% Juice
- Sports beverages
- Other non-caloric beverages

Fats

- Oils
- Avocado or guacamole
- Nuts (almonds, walnuts, pistachios, peanuts, etc)
- Nut butter (peanut, almond, cashew, etc)
- Seeds
- Flax seed and flax seed oil
- Butter

Recipe Add Ins/ Condiments

- Spices fresh/dried
- Vinegars (balsamic, apple, rice)
- Salsa
- Soy sauce
- Mustard, BBQ sauce, ketchup
- Oil-based salad dressings
- Hummus
- Beef or chicken broth
- Tomato sauce, puree
- Extracts (vanilla, almond, etc)

GROCERY TIPS

- Plan your meals for the week to help create a grocery list
- Make a list before you shop and stick to it
- Seek out complex carbohydrates. Look for the word whole grain on breads, rolls, and cereals (check the ingredient label- the first word of the list should be “whole”), but don’t forget that simple carbs (white rice, pasta, low-fiber breads) can be part of an athlete’s regimen
- Don’t go to the store hungry – you’ll be more likely to buy “splurge” foods
- Check the store ads and be on the lookout for store specials
- Save money by reading labels and compare prices to find the cheapest price per ounce



Other tips:

- Remember low-fat does not always mean a better-for-you choice. Many packaged products replace fat with added sugars.
- Beverage calories count-choose wisely!
- Your performance is related to your nutrition choices. Fuel your body with real foods for optimal performance.

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