
CARBOHYDRATES

- oatmeal
- oat bran
- sweet potato
- butternut squash
- whole grain bread
- vegetables
- fruits
- rice cakes

PROTEINS

- eggs
- egg whites
- chicken breast
- turkey breast
- white fish
- canned tuna
- protein powder
- greek yogurt

FATS

- nut butter
- eggs
- olives
- avocado

REMEMBER, THESE ARE STARTING POINTS. I ENJOY EATING CLEAN FOODS BUT NEVER DEPRIVE YOURSELF IF YOU FEEL LIKE SOME "JUNK FOOD", JUST KEEP IN MODERATION.

SOME "FREE" FOODS (NOT REALLY FOOD) I ENJOY IN MODERATION TO HELP CRAVINGS: SF Jello, SF soda (no aspartame), Dessert Gum, Flavored Amino Drink



Contest Prep Grocery List

*This list may be helpful for a "clean eater" on contest prep. These are just some things I use on a daily/weekly basis.



