

# Grocery List

## PROTEIN

- Egg whites\*
- Almond butter
- Canned wild salmon
- Wild salmon
- Applegate Farms hotdogs
- Greek yogurt (low sugar; *Trader Joe's* is best)
- Cottage cheese (low sodium, 1% fat; *Friendship* brand is best)
- Organic chicken breast

\*Separating from whole egg is best, but liquid egg whites are simple and quick

## CARBOHYDRATES

- Old fashioned oats
- Organic apples
- Bananas (small)
- Spinach (bagged)
- Broccoli (bagged)
- Blueberries
- Whole grain wraps
- 100% Whole grain bread (we recommend *Ezekiel* or *Alvarado Street*)
- Sweet potatoes
- Squash/Zucchini
- Organic salsa (we recommend *Newman's*)
- Whole grain or buckwheat pancake mix

## CONDIMENTS

- Cinnamon
- Jalapeño peppers
- Onions
- Romaine lettuce  
(or mixed salad greens)
- Sauerkraut
- Mustard
- Kosher salt
- Pepper
- Spice blend (We recommend any Mexican or *21 Season Salute* from *Trader Joe's*)

## FATS

- Extra virgin olive oil
- Almond milk (unsweetened)
- Avocado
- Flax seed oil
- Walnut oil

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