UNDERGROUND
STRENGTH

GROCERY LIST GUIDE

PROTEIN

Chicken Breast
Turkey Breast
Eggs
Salmon
Smoked Trout
White Fish
Tuna
Rump Steak
Lean Beef Mince

Cottage Cheese
Protein Powder

SERVING SUGGESTION:
Palm

FAT

Peanut Butter
Almond Butter
Coconut Oil
Olive Oil
Avocado
Nuts
Chia seeds

SERVING SUGGESTION:
Thumb

CARB

Sweet Potato
White Potato
Brown Rice
White Rice
Oats
Quinoa

Black Beans
Chickpeas

Fruit

SERVING SUGGESTION:
Fist

VEGGIES

Green Beans
Asparagus
Brocoli
Pumpkin
Zucchini
Carrots
Eggplant
Beetroot
Cauliflower

Anything green and leafy

SERVING SUGGESTION:
Unlimited

SNACKS

Strawberries
Blueberries
Protein Bar
Protein Shake
TB peanut butter
My Muscle Chef
Nuts

CANNED GOODS:

Tuna
Sardines

