

Feed for Speed™

Shopping List

Use this list to build the foundation to your high-performance diet



PERFORMANCE CARBOHYDRATES

Your muscles are fueled by carbohydrate energy. Make your carbohydrates count by focusing on produce and whole grains.

A serving of fresh fruit or vegetables should be the size of a baseball.

FRUIT

High Energy

- Apple
- Apricot
- Banana
- Berries
- Cantaloupe
- Cherries
- Dates
- Dried Fruits
- 'All fruit' spreads
- Grapefruit
- Grapes
- Guava
- Kiwi
- Mango
- Melons
- Oranges/Tangerines
- Papaya
- Pineapple
- Peaches
- Pears
- Plums
- Frozen fruits
- 100% fruit juice

GRAINS / STARCHES –

High Energy

A typical 1 cup serving of grains, like rice or pasta, is close to 200 calories.

Aim for 'whole grain'

- Bagels
- Corn
- Cereals with at least 3g fiber/serving
- Granola (and granola bars)
- Oats and Oatmeal
- Pancakes

- Peas
- Popcorn
- Pretzels
- Potatoes (w/ skin)
- Quinoa/Bulgur/Millet
- Waffles
- Whole Grain Breads
- Whole Grain Crackers
- Whole Wheat Pasta
- Wild Rice/Brown Rice
- Winter Squash
- Soups with noodles or other starches

Non - STARCHY VEGETABLES

Low energy

- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Collard Greens
- Cucumbers
- Celery
- Green Beans
- Mushrooms
- Onions
- Okra
- Peppers
- Radishes
- Salad greens
- Salsa
- Spinach/Greens
- Stewed Tomatoes
- Tomatoes
- Tomato/Pasta Sauces*
- Vegetable soups
- Zucchini

HEALTHY FATS

Fat helps meet your increased demand for energy.

Try to eat at least one serving of nuts each day. One serving of nuts is the size of a golf ball. Nuts also provide some protein.

High energy

- Almonds/Walnuts
- Other Mixed Nuts
- Nut Butters
- Seeds
- Trail Mix

OTHER HEALTHY FATS

- Avocado/Guacamole
- Canola Oil
- Cooking Spray
- Flaxseed Oil
- Olive Oil
- Trans-fat free margarine

POWER PROTEINS

Your maximum protein needs are less than 1 gram per pound and can be easily met with real food. Protein helps your muscles to recover.

On average, three ounces of lean meat provides 21 grams of protein.

LIMIT fried/breaded meats

BEEF/GAME MEATS

- 90% or higher lean ground beef
- Bottom Round roast or steak
- Flank Steak
- Grass fed beef
- Lean Deli Roast Beef
- Top Sirloin
- Buffalo
- Venison
- Wild game meats
- Jerky (good for snacks)

FISH

- Salmon
- Tuna, water packed if canned
- Sushi
- Shrimp
- Tilapia
- Other fish

CHICKEN

- Chicken Breast
- Skinless Chicken Leg/Thigh

PORK

- Canadian Bacon
- Lean Ham
- Tenderloin
- Pork Roast/Chops

TURKEY

- Turkey Breast
- Skinless Turkey Leg/Thigh
- Turkey sausage

EGGS/OTHER

- Eggs/Egg whites
- Egg substitutes
- Protein Powders
- Protein/snack bars

BEANS*

½ cup beans provides 6 grams of protein beans also provide carbohydrate energy.

- Bean soups
- Black Beans
- Kidney beans
- Lentils
- Lima Beans
- Northern Beans
- Other beans not listed
- Pinto Beans
- Soybeans/Tofu/Edamame

DAIRY*

A serving of low fat milk or yogurt is 8 ounces. A serving of cheese is the size of 2 dominoes. Milk and yogurt also provide carbohydrates.

- Low fat milk
- Low sugar yogurt
- Reduced fat cheese
- Regular cheese
- String Cheese
- Low fat Cottage Cheese
- Soy milk
- Lactose-free milk
- Light ice cream

BASIC STAPLES

Examples of helpful items to keep on hand.

- Balsamic Vinegar
- BBQ sauce
- Black Pepper
- Garlic
- Herbs and Spices
- Herbal or Green Teas
- Hot sauce
- Kosher salt
- Low fat mayo
- Low fat dressings
- Low salt seasoning blends
- Marinades
- Mustard
- Vinaigrette salad dressings
- Sugar free beverages
- Sports drinks

OTHER ITEMS:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

* also high energy
Energy = Calories

