

# The Athlete's Grocery Cart

A trip to the store...the high performance way!



Imagine a trip to the store with Michael Phelps. How many shopping carts do you think you would need? Shopping for a young athlete can be overwhelming, as well as time and budget consuming. Having a wide variety of high carbohydrate and lean protein foods available is key to athletic success.



The following will help you with tips to save money and *save the day* when it comes to fueling your athlete.

## Seven Secrets for High Performance Grocery Shopping

- 1. Make a plan, take a list**  
 Create an easy to follow sports nutrition menu and make a grocery list. Use your computer for a "staple" list, you can add and change with the season.
- 2. Get plenty of high performance snacks**  
 Complex carbohydrates (i.e. pretzels, whole grain breads) and lean proteins (i.e. string cheese, deli meats) make great snack combos.
- 3. Save money by "making your own"**  
 Buy ingredients for making homemade energy bars and freeze them. Have staples on hand for easy-to-fix meals (i.e. spaghetti, tacos). "Eating in" often costs 50% less than eating out.
- 4. Eat before you go**  
 Temptation to impulse buy items from the "junk food" aisle will be much lower.
- 5. Beware of marketing schemes**  
 Athletes are a moving target for "quick fix" schemes. You cannot run faster or lift more with any pill, powder or potion.
- 6. Try using store brands**  
 Save up to 40% on the same product. This is especially good for high energy carbohydrate foods, like granola bars.
- 7. Stick to the perimeter of the store for the healthiest choices**  
 Use label reading to ensure quality.

## My Game Plan

|           |
|-----------|
| Breakfast |
| Snack     |
| Lunch     |
| Snack     |
| Dinner    |
| Snack     |

**Tip:** use this planning sheet to create your own Game Plan

## High Performance Grocery List

Use your "Game Plan" and this list at the store to help you navigate healthy, high performance choices. Put a check mark in the box corresponding to the foods you need. Also, use this list to remind you of all the great foods out there, some you may have forgotten!

### Carbohydrates (Starches)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 100% Whole Grain Bread  | <input type="checkbox"/> White or Brown Rice | <input type="checkbox"/> Quaker Instant Oatmeal  |
| <input type="checkbox"/> 100% Whole Wheat Buns   | <input type="checkbox"/> Wild Rice           | <input type="checkbox"/> Pancakes                |
| <input type="checkbox"/> Baked Potato            | <input type="checkbox"/> Baked Beans         | <input type="checkbox"/> English Muffins         |
| <input type="checkbox"/> Sweet Potato            | <input type="checkbox"/> Refried Beans       | <input type="checkbox"/> Eggo Multigrain Waffles |
| <input type="checkbox"/> Whole Wheat Pasta       | <input type="checkbox"/> White Beans         | <input type="checkbox"/> Corn                    |
| <input type="checkbox"/> Regular Pasta/Spaghetti | <input type="checkbox"/> Red Beans           | <input type="checkbox"/> Peas                    |

### Cereals

- Total
- Special K
- Multigrain Cheerios
- Cheerios

### Other Important Carbohydrates

- |   |   |
|---|---|
| <input type="checkbox"/> Kashi Go Lean        | <input type="checkbox"/> Corn Flakes                |
| <input type="checkbox"/> Kashi Good Friends   | <input type="checkbox"/> Shredded Wheat             |
| <input type="checkbox"/> Kashi Heart to Heart | <b>Soups</b>  |
| <input type="checkbox"/> All Bran             | <input type="checkbox"/> Campbell's Healthy Request |
| <input type="checkbox"/> Wheaties             | <input type="checkbox"/> Soups by Healthy Choice    |

### Other Snacks (Stock these in your pantry)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Whole Grain Crackers | <input type="checkbox"/> Healthy Choice Popcorn   | <input type="checkbox"/> Hummus         |
| <input type="checkbox"/> Low Fat Ice Cream    | <input type="checkbox"/> Baked Chips or Soy Chips | <input type="checkbox"/> Low-Fat Yogurt |

### Protein Foods

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Chicken Breast (skinless)   | <input type="checkbox"/> Other Lean Beef Choices (sirloin, eye of round, flank, filet, top round) | <input type="checkbox"/> Natural Peanut Butter (Smuckers All Natural, Almond Butter)  |
| <input type="checkbox"/> Turkey Breast or Lean Ground Turkey (skinless)  | <input type="checkbox"/> Tuna (can in water)  | <input type="checkbox"/> Low-Fat Sliced Cheese or Cream Cheese  |
| <input type="checkbox"/> Lean Roast Beef/Deli Meat   | <input type="checkbox"/> Chicken (can in water)   | <input type="checkbox"/> Veal (baked or grilled)  |
| <input type="checkbox"/> Lean Ham/Deli Meat  | <input type="checkbox"/> Salmon (can in water)  | <input type="checkbox"/> Veggie Burgers (Boca or Morningstar Farms - make good sausage patties in one minute using the microwave) |
| <input type="checkbox"/> Baked, Grilled Fish, or Broiled Fish (Tuna, Salmon, Trout, Crab, Shrimp, Lobster, Halibut, Talapia) | <input type="checkbox"/> Canadian Bacon   |   |
| <input type="checkbox"/> Healthy Choice Hot Dogs   | <input type="checkbox"/> Lean Pork Tenderloin, Center Cut Pork Chops                              |   |
| <input type="checkbox"/> Lean Ground Beef (at least 90-96% lean)   | <input type="checkbox"/> Deer or Venison Sausage  |   |
|  | <input type="checkbox"/> Eggs, Egg-Substitute   |   |
|  | <input type="checkbox"/> Low-Fat Cottage Cheese   |   |

### Healthy Fats (Unsaturated)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Olive Oil          | <input type="checkbox"/> Nuts/Seeds (peanuts, almonds) | <input type="checkbox"/> Avocado                  |
| <input type="checkbox"/> Canola Oil         | <input type="checkbox"/> Low/Reduced Fat Dressing      | <input type="checkbox"/> Brummel and Brown Butter |
| <input type="checkbox"/> Low-Fat Mayonnaise | <input type="checkbox"/> Peanut Oil                    |   |

### Fats to Limit/Avoid (Saturated)

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Butter               | <input type="checkbox"/> Coffee Creamer | <input type="checkbox"/> Chips          |
| <input type="checkbox"/> Bacon                | <input type="checkbox"/> Fast Food      | <input type="checkbox"/> Candy          |
| <input type="checkbox"/> Coconut Oils         | <input type="checkbox"/> Pastries       | <input type="checkbox"/> Whole Milk     |
| <input type="checkbox"/> Heavy Whipping Cream | <input type="checkbox"/> Cakes          | <input type="checkbox"/> High-Fat Meats |
| <input type="checkbox"/> Salt                 | <input type="checkbox"/> Pies           |   |
| <input type="checkbox"/> Pork                 | <input type="checkbox"/> Cookies        |   |

### Fruits

- |   |   |
|---|---|
| <input type="checkbox"/> Fresh Fruit    | <input type="checkbox"/> Fruit Juice                                      |
| <input type="checkbox"/> Fruit Cocktail | <input type="checkbox"/> Canned Fruit (packed in juice, <i>not</i> syrup) |

### Vegetables

- |  |                                   |   |
|--|-----------------------------------|---|
| <input type="checkbox"/> Broccoli          | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Lettuce (Romaine)      |
| <input type="checkbox"/> Cauliflower       | <input type="checkbox"/> Celery   | <input type="checkbox"/> Asparagus              |
| <input type="checkbox"/> Green Beans       | <input type="checkbox"/> Cabbage  | <input type="checkbox"/> Collard/Mustard Greens |
| <input type="checkbox"/> Green/Red Peppers | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Spinach                |
| <input type="checkbox"/> Mushrooms         | <input type="checkbox"/> Cucumber |   |
| <input type="checkbox"/> Carrots           | <input type="checkbox"/> Onions   |   |

### Condiments

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Fat-Free or Low-Fat Mayonnaise | <input type="checkbox"/> Lite Margarine        | <input type="checkbox"/> Pickles, Dill (unsweetened) |
| <input type="checkbox"/> Mustard                        | <input type="checkbox"/> Hot or Creole Mustard | <input type="checkbox"/> Soy Sauce                   |
| <input type="checkbox"/> Ketchup                        | <input type="checkbox"/> Relish                |  |
| <input type="checkbox"/> Fat-Free or Low-Fat Sour Cream | <input type="checkbox"/> Salsa                 |  |

### Drinks/Fluids

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Water               | <input type="checkbox"/> Sparkling Water  | <input type="checkbox"/> V8 or V8 Splash |
| <input type="checkbox"/> Skim, 1% or 2% Milk | <input type="checkbox"/> 100% Fruit Juice |  |