

# SWEAT DEN



## *Weekly Grocery List:*

**INCLUDING PROTEIN, CARB & FAT RECOMMENDATIONS**

# Food For Thought

+ 100g **protein** (+), 125g (+/-) **carbohydrates**, and 100g (+/-) **fats**, daily. This can be achieved a number of different ways. Eating 3 balanced meals daily, 2 larger meals, or 4-5 smaller meals throughout the day. If you have trouble with snacking or cravings throughout the day, it may help to eat more frequently than not.

+ Focus on the quality of food we are eating first and foremost. Limiting/eliminating highly processed and refined foods, and focusing on the quality of food and ingredients that make up your diet, will be a catalyst for positive change.

+ Consuming highly processed and refined foods increases inflammation by triggering higher than normal blood sugar levels (amount other things). Just by eliminating these types of foods from your diet, you can see a reduction in body fat, healthy weight loss, improved mood and energy levels, improved gut and digestive health, improved skin health, and a boosted immune system.

+ The quality of our sleep, hydration levels, what our hormones and neurotransmitters are signaling, and the amount of stress we are carrying with us have a huge impact on the decisions we make with respect to our nutrition . In addition, your environment from a micro level, ie; the kitchen, can make or break your decision making process. So as we move forward on this journey together, set yourself, and your environment, up for success by eliminating as much processed and refined foods from you kitchen as possible.

# *GROCERY LIST / PROTEIN*

Protein- The most important food for fat loss. It has the greatest thermic effect of any food (increasing the amount of calories your body burns to digest it) , and triggers protein synthesis and the building of muscle tissue. Eating adequate amount can improve body composition, eliminate hunger, and reduce body fat.

- + GRASS FED GROUND BEEF
- + GRASS FED STEAK
- + GROUND LAMB
- + PORK CHOPS
- + CHICKEN BREAST
- + CHICKEN THIGH
- + GROUND TURKEY
- + TURKEY BACON
- + SALMON
- + COD
- + TROUT
- + FRESH TUNA
- + SHRIMP

*\* STRIVE FOR LEANER CUTS OF MEAT WITH MAX OF 15% FAT CONTENT*

## *\*MEATLESS OPTIONS\**

- + FREE RANGE EGGS
- + COTTAGE CHEESE
- + GREEK YOGURT
- + LENTILS
- + BEANS
- + HEMP SEEDS
- + SPIRULINA
- + NUTS/NUTTER BUTTERS
- + TOFU, TEMPEH, EDAMAME

*\* THE ABOVE OPTIONS ARE NOT CONSIDERED A PRIMARY SOURCE OF PROTEIN, AND MAY BE HIGHER IN CARBOHYDRATES AND FAT, BUT CAN BE A GREAT MEATLESS OPTION TO SUPPLEMENT PROTEIN INTAKE.*

# GROCERY LIST / CARBOHYDRATES

**Carbohydrates-** The main energy source of the human diet. Carbs help maintain muscle by balancing cortisol, specifically after working out. An absence of carbs from a diet can alter cortisol levels which effects body composition. Eating plant based carbs that are higher in fiber are integral for fat loss.

## *PLANT BASED, LOW GLYCEMIC/HIGHER FIBER*

*\*UTILIZE 80% OF THE TIME*

- + DARK / GREEN VEGETABLES (ASPARAGUS, GREEN BEANS,
- + CUCUMBER, BROCCOLI, CAULIFLOWER, PEPPERS)
- + ROOT VEGETABLES (BEETS, RADISHES, TURNIPS)
- + MUSHROOMS
- + SQUASH (BUTTERNUT, ACORN SPAGHETTI, ITALIAN, ZUCCHINI, YELLOW)
- + LETTUCE (SPINACH, CABBAGE, ARUGULA, CHARD)
- + DARK BERRIES (STRAWBERRIES, BLUEBERRIES, + RASPBERRIES, CHERRIES)
- + BEANS
- + CHICKPEA PASTA
- + OATMEAL
- + KETO GRANOLA

## *SIMPLE, HIGHER GLYCEMIC/LOWER FIBER*

*\*UTILIZE 20% OF THE TIME POST WORKOUT & AFTER HIGH ACTIVITY EVENTS*

- + RICE (BROWN, WHITE)
- + POTATOES (SWEET, RED, RUSSET, YAM, JEWEL)
- + HIGH GLYCEMIC FRUIT (BANANAS, PINEAPPLE, APPLES)
- + GLUTEN FREE BREAD

# *GROCERY LIST / HEALTHY FATS*

**Healthy Fats-** An essential part of a well rounded diet and an energy source of the human diet. Healthy fats can improve body composition and make you leaner, improve insulin sensitivity, and support balanced hormones.

## *PLANT BASED*

- + AVOCADO / AVOCADO OIL
- + OLIVES / EXTRA VIRGIN OLIVE OIL
- + TREE NUTS / NUT SPREAD
- + COCONUT OIL / BUTTER

## *ANIMAL BASED*

- + Fat From Fish
- + Fat From Grass Fed Beef
- + Grass Fed Dairy
- + Grass Fed Butter

# *KELS & ROSS GROCERY LIST*

THIS GROCERY LIST IS AN EXAMPLE OF A HEALTHY, BALANCED APPROACH WHEN STRIVING FOR CLEAN EATING FOR THE WEEK. REVIEW THE LIST BELOW AND DECIDE WHAT WORKS BEST FOR YOU ON A WEEKLY BASIS. IF YOU ARE PLANNING ON MAKING ANY OF THE RECIPES WE HAVE PROVIDED, BE SURE TO CROSSCHECK THE INGREDIENTS NEEDED VS. THE GENERAL LIST TO MAKE SURE YOU HAVE WHAT YOU NEED.

## *PROTEIN*

- + 1 POUND SALMON OR WHITE FISH
- + 1 POUND GRASS FED GROUND BEEF, TURKEY, CHICKEN
- + CHICKEN/PORK SAUSAGE LINKS
- + SMOKED SALMON
- + PASTURE RAISED EGGS (\*VITAL FARMS)
- + COTTAGE CHEESE (\*GOOD BELLY)
- + GREEK YOGURT (\*GREEN MOUNTAIN, STONEYFIELD)
- + EPIC PROTEIN BARS (\*BISON)

## *CARBS*

- + BANZA PASTA
- + ORGANIC BASMATI WHITE RICE
- + SWEET POTATOES (WE LOVE ORIENTAL AND HANNAH)
- + CANYON HOUSE GLUTEN FREE BREAD
- + RUDI'S SOURDOUGH BREAD
- + PURELY ELIZABETH GRANOLA AND OAT MEAL
- + RAINBOW CHARD OR KALE
- + FRESH ARUGULA OR MIXED GREENS
- + FRESH BROCCOLI
- + FRESH ASPARAGUS
- + 1 BAG SPINACH
- + FRESH BLUEBERRIES
- + FROZEN ORGANIC OR WILD BLUEBERRIES
- + FROZEN CAULIFLOWER RICE
- + BANANAS
- + RED OR GREEN APPLES

# *KELS & ROSS GROCERY LIST*

## *FATS*

- + AVOCADO OIL AND/OR EVOO
- + LACTOSE FREE SOUR CREAM (\*GOOD BELLY)
- + AVOCADOS
- + OLIVES
- + MIXED NUTS
- + NUT BUTTER (ALMOND, CASHEW, SUNFLOWER)
- + 1 STICK/JAR OF KERRY GOLD GRASS FED BUTTER OR GHEE
- + NON DAIRY MILK (CASHEW, ALMOND, COCONUT)

## *DRESSINGS/SAUCES/SEASONING*

- + SALSA
- + ORGANIC PASTA SAUCE (\*RAOS OR PRIMAL KITCHEN) + TACO SEASONING (SEITE)
- + DRIED BASIL
- + HIMALAYAN SEA SALT
- + PEPPER
- + PRIMAL KITCHEN'S DRESSING (RANCH, LEMON TURMERIC)

## *SNACKS/DESSERTS*

- + TULSI, ASHWAGANDHA TEA (\*ORGANIC INDIA)
- + LESSER EVIL PALEO PUFFS
- + EPIC BARS AND PORK RINDS
- + CHOMPS BEEF STICKS
- + RX VANILLA ALMOND BUTTER PACKETS
- + THEO OR HU 70% DARK CHOCOLATE
- + GRAIN FREE PURELY ELIZABETH GRANOLA
- + TRAIL MIX
- + THREE WISHES CEREAL
- + CATALINA CRUNCH CEREAL
- + SHELLLED PISTACHIOS
- + KETO ICE CREAM BARS

# *KELS & ROSS GROCERY LIST*

## *SUPPLEMENTS (OPTIONAL)*

- + ANCIENT NUTRITION VANILLA BONE BROTH PROTEIN  
(VITAMIN COTTAGE, SPROUTS,  
WHOLE FOODS, AMAZON)
- + TERA'S WHEY
- + AMAZING GRASS GREEN SUPERFOOD
- + MAGNESIUM
- + THORNE CREATINE MONOHYDRATE