

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 |

Other Important Carbohydrates

- | | | |
|--|---|---|
| Cereals | <input type="checkbox"/> Kashi Go Lean | <input type="checkbox"/> Corn Flakes |
| <input type="checkbox"/> Total | <input type="checkbox"/> Kashi Good Friends | <input type="checkbox"/> Shredded Wheat |
| <input type="checkbox"/> Special K | <input type="checkbox"/> Kashi Heart to Heart | Soups |
| <input type="checkbox"/> Multigrain Cheerios | <input type="checkbox"/> All Bran | <input type="checkbox"/> Campbell's Healthy Request |
| <input type="checkbox"/> Cheerios | <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 | |