

FIT FIGURE

BOOTCAMP

ULTIMATE FITNESS FORMULA

THE GROCERY LIST

GROCERY LIST

by MITCHELL LEE

Grocery List

While the first undisputed law/rule/scientific fact of fat loss is "CALORIES IN VS CALORIES OUT" you must understand that not all calories are created equal.

The more natural the food is, the better you look, feel and perform. The more you eat junk, the more toxins you are putting in your body and the worse you will look, feel and perform.

It's not just about the "number on the scale" – it's WAY MORE about you LOOK, FEEL & PERFORM.

Here is a grocery list of the "BEST" foods you can put in your body.

Some of you will choose to be strict and stick to these foods only... while some will choose to follow a "IIFYM" (if it fits your macros approach)

If you choose to try the IIFYM approach and be more flexible with what you put in your body, just make sure you

- 1) eat the amount of calories that was calculated for you
- 2) make sure you reach but do not exceed the # of grams of carbs, proteins and fats that I have suggested for all FFBC clients in the "Customize MyFitnessPal" Video
- 3) keep fiber to 20g or higher daily
- 4) keep sugars to UNDER 30g daily

The BEST places to shop are Trader Joe's, Mrs. Greens and my favorite...Whole Foods.

Here are some Breakfast Samples:

- 2-3 Whole Eggs (Free-Range with ½ tsp Grass-fed butter in pan) with some Ezekiel cereal in Unsweetened Almond Milk mixed with Blueberries. You could also substitute the cereal for ½ cup of cantaloupe or 1 slice of Gluten free whole wheat bread from Whole Foods.
- Protein Shake with egg or whey protein powder, a handful of spinach, 1 cup of raspberries, 1 tsp organic all natural Peanut Butter, and Cinnamon.
- Greek yogurt with stevia and cinnamon topped with handful of almonds. Blueberries on top would be optional.

Your Lunch will be the same as your Dinner..

Lunch / Dinner:

- 3-6 oz Meat
- 2 cups Green Vegetables
- Half an avocado or 10 almonds
- Water

And you will eat 1 or 2 snacks depending on your schedule.

Snack Samples:

- Protein Shake
- Almonds
- Small serving of Meat & Veggies
- Almonds
- Brazilian Nuts / Walnuts
- Quest protein bar
- Apple with all natural peanut butter (not Jiffy)

Best Proteins

- Free-Range Chicken and Turkey
- Grass-Fed Beef
- Cage-Free Eggs, Egg Whites, Egg Beaters, Hard Boiled Eggs
- Clean Whey or Egg Protein Powder (I like Jay Robb Chocolate Egg White Powder from Whole Foods)
- Turkey Bacon (Nitrate-free)
- Venison & Bison
- Wild Caught Halibut, Orange Roughy, Cod, Tilapia, Salmon, Tuna, Lobster, Crab, Shrimp
- Greek Yogurt
- Cottage Cheese
- Quest Bars
- Nitrate-free cold cuts (not a huge fan of cold cuts but as long as it's not daily it's ok)

Best Fats

- Coconut Oil (the Pam spray version is fine)
- Grass-Fed Butter
- Olive Oil
- Coconut or Almond Milk
- Chia or Hemp or Pumpkin seeds
- Udo's Flax 3:6:9: Oil Blend (Whole Foods "365" Brand has the same thing) Fish or Krill oil pills as well.
- Avocado
- Almonds, Brazilian Buts, Cashews, Pecans
- Peanut, Almond, Cashew, and Hazelnut Butter

Best Vegetables

All of them: As long as you get 2 servings of vegetables in per day you'll be living the "fit and healthy" life.

- Spinach (favorite)
- Broccoli (favorite)
- Asparagus (favorite)
- Mixed Greens (for salads)
- Squash
- Cucumber
- Zucchini
- Lettuce
- Peppers (any color)

Best Carbs

- Sweet Potatoes / Yams
- Unflavored Oatmeal
- Quinoa
- Ezekiel Cereal
- Organic Brown Rice
- Fruit (see below)

Best Fruits

(limit to one per day due to the sugar content)

- Any type of Berries (1/2 cup blueberries or raspberries being king and queen)
- Apples
- Cantoloupe

Spices

(Look for Mrs. Dash or anything salt-free)

- Apple Cider Vinegar
- Black Pepper
- Cayenne
- Cinnamon
- Cumin
- Curry
- Garlic
- Garlic
- Lemon
- Lime
- Mustard
- Onion Powder
- Real Sea Salt (not isolated sodium table salt. Himalayan Sea Salt is the best)

Herbs

- Basil
- Bay Leaf
- Chives
- Cilantro
- Mint
- Oregano
- Parsley
- Rosemary
- Thyme & Sage

Personally, I put cinnamon on my yogurt, in my protein shakes, and sometimes in my coffee. It makes bland food taste good, is zero-sugar, and Cinnamon improves circulation, which is good for many things.

Must-Have-Supplements

(The first 3 are crucial. The others are optional and their benefits are discussed in the supplements video)

- (MUST HAVE) Fish Oil Pills (lemon flavored) with EPA/DHA
- (MUST HAVE) Whey or Egg Protein Powder (I like Jay Robb from Whole Foods but there are many options there including the whole foods "365" versions and vegetarian versions from other companies)
- (MUST HAVE) Greens Drink aka "Athletic Greens or Super Greens" (as discussed in the supplements video) I use Cyto-greens by a co. called Nova Forme and I buy it online at [bodybuilding\(dot\)com](http://bodybuilding(dot)com) but Whole Foods has plenty of good options to choose from.
- (OPTIONAL) Vitamin C
- (OPTIONAL) Women's Multi
- (OPTIONAL) Glucosamine/Chondroitin (for joint pain)
- (OPTIONAL) BCAA's in pill or powder form
- Glutamine

Cooking/Baking

- Stevia Powder
- Cacao
- Xylitol
- Almond Meal
- Coconut Flour
- Baking Powder

Drinks

- Water (with lemon) – you should consume about $\frac{1}{2}$ your current bodyweight in water per day. Most of us walk around very dehydrated.
- Coffee
- Tea
- Green Tea
- Seltzer
- NO alcohol: exception would be an occasional glass of red wine but understand that each 5 ounce glass of red wine has about 25 grams of sugars in it and we want to limit pure sugar intake to under 30 grams per day.