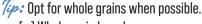
# **GROCERY**

#### **INSTRUCTIONS FOR ATHLETES:**

- Check the boxes next to foods you enjoy or regularly consume.
- Circle your preferred shopping locations at the end.
- This will help us customize future grocery lists to better support your performance and preferences.

#### CARBOHYDRATES (CHOOSE AT LEAST 3-4 OPTIONS)



- [ ] Whole grain bread
- [ ] Bagels
- [ ] Pita bread
- [ ] English muffins
- [ ] Whole wheat tortillas/wraps
- [ ] Dry cereals (e.g., Kashi, Special K, Cheerios, Wheaties)
- [ ] Oatmeal/Grits/Cream of Wheat
- [ ] Crackers/Pretzels (e.g., Triscuits, Wheat Thins, Graham)
- [ ] Low-fat popcorn
- [ ] Potatoes (sweet, red, white)
- [ ] Pasta
- [ 1 Brown Rice
- [ ] Couscous
- [ ] Quinoa
- [ ] Granola bars (e.g., Kashi, Luna, LaraBar, Clif)

## DAIRY (CHOOSE AT LEAST 2-3 OPTIONS)



- [ ] Skim, 1%, or 2% milk
- [ ] 1% Chocolate milk
- [ ] Yogurt/Greek yogurt
- [ ] Cottage cheese
- [ ] 2% or reduced-fat cheese (sliced, shredded, block, cheese sticks)

**EASTERN ILLINOIS** 

# **VEGETABLES** (CHOOSE AT LEAST 2-3 OPTIONS)



- [ ] Fresh vegetables (e.g., broccoli, peas, romaine lettuce, baby carrots)
- [ ] Frozen vegetables
- [ ] Canned vegetables/pickles
- [ ] Salsa





# FRUITS (CHOOSE AT LEAST 2-3 OPTIONS)

Try a new fruit every week.

- [ ] Fresh fruits (e.g., apples, bananas, oranges, grapes, pineapple, berries, melon, peaches, pears)
- [ ] 100% fruit juice (if trying to gain weight)
- [ ] Frozen fruits
- [ 1 Dried fruits
- [ ] Canned fruits (in natural juice)

# **PROTEINS (CHOOSE AT LEAST 3-4 OPTIONS)**



- [ ] Canned tuna or chicken (packed in water)
- [ ] Lean deli meats (chicken, turkey, roast beef, ham)
- [ ] Frozen chicken breast
- [ ] Ground beef or turkey (90-95% lean)
- [ ]Pork
- [ ] Lean beef cuts
- [ ] Turkey bacon/sausage
- [ ] Fish (not breaded)
- [ ] Shellfish (shrimp, crab, etc.)
- [ ] Tofu or other soy-based foods
- [ ] Eggs
- [ ] Beans (baked, pinto, black, kidney, chickpeas)

## FATS AND MISCELLANEOUS (CHOOSE AT LEAST 2-3 OPTIONS)

- [ ] Olive oil or canola oil for cooking
- [ ] Butter
- [ ] Low-fat dressings/sauces
- [ ] Low-fat cream cheese
- [ ] Low-fat sour cream
- [ ] Nut butters (peanut, almond, etc.)
- [ ] Nuts/seeds (almonds, walnuts, sunflower seeds, etc.)
- [ ] Trail mix
- [ ] Jelly/jam
- [ ] Hummus/yogurt-based dip
- [ ] Garlic/fresh herbs/spices

# PREFERRED SHOPPING LOCATIONS (PLEASE CIRCLE ALL THAT APPLY)

- [ ] Walmart
- [ ] Aldi
- [ ] Ruler Foods
- [ ] County Market
- [ ] Other: \_



