

## Recommended Grocery List

Below is a list of must-haves to complete this week's worth of meals and many of the meals and recipes created by BODY FOR LIFE.

Don't be overwhelmed; you're likely to have many of these staples on hand and if you're missing one spice or another, let your creative side shine through and try swapping in new flavors.

### Sports Nutrition Essentials

Myoplex Original protein shakes

Myoplex Original Meal Replacement Powder

### Protein

Salmon

Strip Steak

Chicken breast

Chicken, rotisserie

Pork Tenderloin

Pork Chops

Ham, lean

Fish, halibut

extra-lean ground turkey

Turkey breast, smoked

Black beans, canned

White beans, canned

Beef jerky

**Dairy Aisle**

Eggs

Greek yogurt, plain

Yogurt, vanilla, low-fat

Skim Milk

Parmesan cheese, shredded

Cottage cheese, low fat

Cheese, American, low-fat

Feta cheese

**Fruit**

Banana

Blueberries

Mixed berries

Lemon

Lime

Dried fruit – pro tip: aim for dried cranberries, blueberries, in addition to raisins

**Complex Carbohydrates**

Old fashioned oatmeal, plain, uncooked

Hamburger buns, whole wheat

Pumpkin puree, canned

Sweet potato

Russet / Idaho potato

Brown rice

English muffin, whole grain

Pita, whole grain

Tortillas, whole grain

Corn, kernels

Orange

Apple

**Vegetables**

Asparagus

Broccoli

Onion, red and white

Jicama

Tomatoes – cherry and sandwich

Tomato paste

Tomatoes, diced, canned

Mushrooms

Spring Mix

Green beans

Carrots, baby and whole

Parsley

Bell peppers- pro tip: grab a variety of colors

Cucumber

Celery

Lettuce, romaine or your choice

Baby spinach

**Fats and Oils**

Avocado

Mixed Nuts

Olive oil, Extra-Virgin

Sesame oil

Hummus

Peanut Butter, powdered and creamy

Seeds: pumpkin and sunflower

**Seasonings and other essentials**

Bread crumbs

Stevia

Vinegar – pro tip: try wine, rice, or balsamic (to mix with olive oil for dressing)

Mint, fresh

Cilantro, fresh

Soy sauce

Sesame seeds

Oregano, fresh or dried

Thyme, fresh or dried

Chili powder

Cumin

Chicken broth

Maple Syrup

Semi-sweet chocolate chips

Fat-free, sugar-free chocolate or vanilla pudding

Cooking spray

Pumpkin Pie Spice

Cocoa, dutch

Cinnamon

Garlic, minced, bottled

Ginger, fresh

Crushed red pepper

Mustard, dijon

Salt, Pepper

## Recommended Meal Plan

You've joined the BODY FOR LIFE™ program with the goal of *building muscle and getting stronger* and we're excited to help you transform your body into what it was meant to be. Now, to incorporate the right nutrition to help you build muscle, repair from workouts, swap fat for lean body mass. This meal plan is designed to keep your energy levels high and your muscles fueled and eating small meals throughout the day will keep a steady stream of nutrients and protein going towards hard working muscles and other tissues. You'll also be incorporating more nutrient-dense fuel and lean protein. End result? You'll be energized but not stuffed, and ready to recover from workouts and tackle whatever the day hands you.

DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	10:00pm
1	BODY FOR LIFE Protein Pancake made using ¼ cup <b>Myoplex Original MRP</b> as the protein powder source	Plain Greek yogurt sprinkled with cocoa, cinnamon, and mixed nuts	Grilled salmon with broccoli and a sweet potato	<b>Myoplex Original</b> protein shake	Spring mix salad topped with grilled strip steak, olive oil + vinegar dressing, and chopped roasted squash	Cottage cheese with blueberries
2	1 cup (dry measure) oatmeal, prepared with water. Mix in 1 <b>Myoplex Original MRP</b> packet, extra water as needed, and 1 sliced apple. Enjoy half now, half at 10am	Remainder of high protein oatmeal breakfast	Grilled chicken breast, brown rice, roasted broccoli	Baby carrots, sliced bell pepper, sliced cucumber, ½ pita pocket (toasted), 4 Tbsp hummus	BODY FOR LIFE Korean Pork Chops, green salad, and brown rice	<b>Myoplex Original</b> protein shake

3	Whole grain English muffin topped with 2 egg whites, 1 slice lean ham, 1 slice American cheese, ½ cup baby spinach	Plain yogurt mixed with 1 packet <b>Myoplex Original MRP</b> , splash of milk (optional), and a handful of mixed berries	1 serving BODY FOR LIFE Southwest Chicken and White Bean Chili, side of sliced cucumber and baby carrots	Apple and celery sticks with peanut butter	BODY FOR LIFE Steak Wraps with ginger marinade and apple-mint salad	<b>Myoplex Original</b> protein shake
4	BODY FOR LIFE Spicy Scrambled Eggs, side of mixed berries	Myoplex Original smoothie: blend together 1 packet <b>Myoplex Original MRP</b> protein powder (chocolate), 2 Tbsp powdered peanut butter, 1 medium banana, 1c ice, 1c skim milk	BODY FOR LIFE Mexican Smoked Turkey Salad	<b>Myoplex Original</b> protein shake	Pork tenderloin with asparagus and small baked potato	Protein Packed Trail Mix: 1 oz beef jerky, 2 Tbsp mixed nuts, 2 Tbsp dried fruit, 2 Tbsp roasted seeds (pumpkin or sunflower)
5	1 serving BODY FOR LIFE Pumpkin Oatmeal made using <b>Myoplex Original MRP</b> (add additional water if needed)	Plain Greek yogurt topped with cinnamon, and 1 Tbsp chopped nuts	Turkey burger on whole wheat bun with lettuce and tomato, side of sliced cucumbers	<b>Myoplex Original</b> protein shake	Chicken Fajitas (grilled chicken, salsa, bell peppers, cilantro, mushrooms, onion, 2 whole wheat tortillas), topped with chopped lettuce, tomato, and avocado	Cottage cheese topped with canned, drained fruit
6	Breakfast wrap (2 scrambled eggs, low-fat cheese, salsa, bell peppers,	1 packet <b>Myoplex Original MRP</b> powder blended with 1c ice, 1 c	BODY FOR LIFE Southwestern Grilled Halibut, side salad with	Cottage cheese topped with mixed berries	BODY FOR LIFE Lettuce Wraps	<b>Myoplex Original</b> protein shake

# BODY **FOR** LIFE

POWERED BY *EAS*®

	whole wheat tortilla)	skim milk, 1 c baby spinach, 1 medium banana	olive oil + vinegar dressing			
<b>7</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>

Pro Tip: When it comes to building muscle and strength, you need to make every calorie count while also increasing your intake of energizing nutrients and muscle building protein. Try out some of these easy swaps to save on empty calories and replace these with essential protein, filling fiber, and other good-for-you nutrients. Don't worry, these substitutions are neither extreme nor devoid of flavor.

Replace this...	with this
whole milk	skim (0%), low-fat (1%), reduced fat (2%)
cheese	reduced fat (2% milk) cheese
pasta with white (cheese) sauce	Whole grain pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon, lean ham, lean chicken sausage
eggs	egg whites or egg substitutes
mayonnaise	reduce calorie, fat-free or mustard
creamy salad dressings	vinegar-based dressings
guacamole	salsa
creamed soups	broth-based soups
butter, oil or shortening	non-stick cooking spray, applesauce or prune puree
White pasta, rice, or bread	Whole-grain breads and pasta, brown and wild rice