

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

AdvantEDGE High Protein shakes

AdvantEDGE Lean 15 protein 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

Dairy Aisle

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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

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

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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

Kale

Fats and Oils

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Avocado

Mixed Nuts

Olive oil, Extra-Virgin

Sesame oil

Hummus

Peanut Butter

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

Salsa

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

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Cooking spray

Pumpkin Pie Spice

Cocoa, dutch

Dill, fresh or dried

Cinnamon

Garlic, minced, bottled

Ginger, fresh

Crushed red pepper

Mustard, dijon

Salt, Pepper

Recommended Meal Plan

You want to *get lean and toned* and by joining the community at BODY FOR LIFE™, you've taken the first step. Now, to incorporate the right nutrition to help you transform into the person you want to be. This meal plan is designed to boost both energy levels and nutrient intake and that's why you'll be eating nutrient-dense, small meals throughout the day, every few hours. You'll also incorporating more nutrient-dense fuel, fiber, and lean protein to keep you satiated for hours on end. 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	1/2 cup (dry measure) oatmeal, prepared with water. Mix in 2 scoops AdvantEDGE Lean 15 vanilla cream protein powder and 1/2 sliced apple	Cottage cheese with blueberries	BODY FOR LIFE Mexican Smoked Turkey Salad	AdvantEDGE High Protein shake, 1 medium size fresh fruit	Spring mix salad topped with grilled strip steak, olive oil + vinegar dressing, and fresh sliced strawberries	1 toasted whole wheat tortilla, sliced into triangles and dipped in 2 Tbsp salsa and guacamole
2	Breakfast wrap (1 egg + 1 egg white, scrambled, low-fat cheese, salsa, bell peppers, whole wheat tortilla)	AdvantEDGE High Protein shake, 1 medium size fresh fruit	Grilled chicken breast, brown rice, steamed spinach	Baby carrots, celery, sliced cucumber, 1/2 pita pocket (toasted), 2 Tbsp hummus	Pork tenderloin with asparagus and small baked potato	Bedtime smoothie: blend together 2 scoops AdvantEDGE Lean 15 powder, chamomile tea, ice, frozen blueberries.
3	Whole grain English muffin topped with 2 egg whites, 1	Plain yogurt mixed with 2 scoops AdvantEDGE	1 serving BODY FOR LIFE Southwest	AdvantEDGE High Protein (Orange Cream)	1 serving BODY FOR LIFE Greek	Crudités dipped in

Pro Tip: When it comes to getting lean and toned, you'll want to make every calorie count while increasing your intake of satiating fiber and muscle repairing protein. Consider some of the below easy swaps to save on calories, fat, and to increase your intake of 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	pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon or lean ham
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