

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 Shred protein shakes

EAS 100% Whey 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

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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

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

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

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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're looking to *lose weight and build muscle* and by joining the community at BODY FOR LIFE™, you're already on your way towards getting shredded and strong. Now, to incorporate the right nutrition to help you transform every inch of you into the person you're looking to become. This meal plan is designed to fuel your muscles with healthy nutrients like lean protein, essential vitamins, minerals, complex carbohydrates, and healthy fats. You'll need to eat small meals throughout the day, every few hours so you're always energized but never 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 1 scoop EAS 100% Whey Protein Powder and 1/2 sliced apple	Cottage cheese with blueberries	Grilled salmon with broccoli and a sweet potato	Myoplex Shred protein shake, 1/2 sliced apple	Spring mix salad topped with grilled strip steak, olive oil + vinegar dressing, and chopped roasted squash	1 toasted whole wheat tortilla, sliced into triangles and dipped in 2 Tbsp salsa and guacamole
2	BODY FOR LIFE Protein Pancake made using EAS 100% Whey Protein Powder	Myoplex Shred protein shake, 1 medium piece fresh fruit	Grilled chicken breast, brown rice, roasted brussels sprouts	Baby carrots, celery, sliced cucumber, 1/2 pita pocket (toasted), 2 Tbsp hummus	Pork tenderloin with asparagus and small baked potato	Crudités dipped in yogurt-based ranch dip
3	Whole grain English muffin topped with 2 egg whites, 1 slice lean ham, 1 slice American	Plain yogurt mixed with 1 scoop EAS 100% Whey Protein Powder and a	1 serving BODY FOR LIFE Southwest Chicken and White Bean Chili, side of sliced	1 Myoplex Shred protein shake (Chiseled Chocolate) blended with 1c ice, 1 c kale, 1	1 serving BODY FOR LIFE Greek turkey burger, side salad	1 serving high fiber cereal topped with skim milk

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	cheese, ½ cup baby spinach	handful of mixed berries	cucumber and baby carrots	medium banana		
4	BODY FOR LIFE Spicy Scrambled Eggs, side of mixed berries	Myoplex Shred protein shake, 1 medium piece of fresh fruit	BODY FOR LIFE Mexican Smoked Turkey Salad	BODY FOR LIFE Protein Pudding (made using EAS 100% Whey Protein Powder)	Grilled salmon with cucumber-dill dressing, green salad and baked potato	Serving of chicken noodle soup
5	1 serving BODY FOR LIFE Pumpkin Oatmeal made using EAS 100% Whey Protein Powder	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	Myoplex Shred protein shake , handful of sliced vegetables (such as carrots, celery, broccoli, or bell pepper)	Chicken Fajitas (grilled chicken, salsa, bell peppers, cilantro, mushrooms, onion) topped with chopped lettuce, tomato, and avocado	Cottage cheese with berries
6	Breakfast wrap (2 egg whites, low-fat cheese, salsa, bell peppers, whole wheat tortilla)	2 scoops EAS 100% Whey Protein Powder blended with 1c ice, 1 c skim milk, 1 c kale, 1 medium banana	BODY FOR LIFE Southwestern Grilled Halibut, side salad with olive oil + vinegar dressing	1 Myoplex Shred protein shake, one medium serving fresh fruit	BODY FOR LIFE Lettuce Wraps	1 serving reduced-fat cheese, 1 serving air pooped popcorn
7	FREE DAY	FREE DAY	FREE DAY	FREE DAY	FREE DAY	FREE DAY

Pro Tip: When it comes to getting shredded and strong, you'll want to make every calorie count while also increasing your intake of satiating fiber and muscle building 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.

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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, 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