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## Athletes Healthy Grocery List by Food Category

<u>proteins</u>	<u>grains/ starches</u>	<u>vegetables - low cal</u>	<u>starchy vegetables</u>	<u>fruits</u>
<input type="checkbox"/> salmon	<input type="checkbox"/> amaranth	<input type="checkbox"/> orange, red or yellow peppers	<input type="checkbox"/> rhutabaga	<input type="checkbox"/> apples
<input type="checkbox"/> natural turkey - breast	<input type="checkbox"/> quinoa	<input type="checkbox"/> broccoli	<input type="checkbox"/> parsnip	<input type="checkbox"/> pears
<input type="checkbox"/> natural chicken - breast	<input type="checkbox"/> millet	<input type="checkbox"/> asparagus	<input type="checkbox"/> corn - non-GMO only	<input type="checkbox"/> banana or plantain
<input type="checkbox"/> organic egg, brown or white	<input type="checkbox"/> wild rice/ Forbidden rice	<input type="checkbox"/> squash	<input type="checkbox"/> potato - yukon gold or red	<input type="checkbox"/> mango
<input type="checkbox"/> tuna, Wild Planet	<input type="checkbox"/> oats - groats or steel cut	<input type="checkbox"/> green lettuces	<input type="checkbox"/> beets	<input type="checkbox"/> plum
<input type="checkbox"/> orange roughy	<input type="checkbox"/> teff	<input type="checkbox"/> cauliflower	<input type="checkbox"/> sweet potato/yam	<input type="checkbox"/> honeydew melon
<input type="checkbox"/> tilapia	<input type="checkbox"/> brown or white basmati rice	<input type="checkbox"/> cabbage - red or green	<input type="checkbox"/> butternut squash	<input type="checkbox"/> grapefruit
<input type="checkbox"/> lobster	<input type="checkbox"/> barley	<input type="checkbox"/> zucchini or yelow squash	<input type="checkbox"/> carrots	<input type="checkbox"/> nectarine or peach
<input type="checkbox"/> shrimp	<input type="checkbox"/> whole wheat berries	<input type="checkbox"/> spaghetti squash	<input type="checkbox"/> acorn squash	<input type="checkbox"/> orange
<input type="checkbox"/> bison/ buffalo	<input type="checkbox"/> spelt berries	<input type="checkbox"/> arugula	<input type="checkbox"/> turnip	<input type="checkbox"/> apricot
<input type="checkbox"/> scallops	<input type="checkbox"/> buckwheat/ soba noodles	<input type="checkbox"/> watercress	<input type="checkbox"/> batata	<input type="checkbox"/> kiwi
<input type="checkbox"/> herring	<input type="checkbox"/> cornmeal/ polenta	<input type="checkbox"/> cabbage	<input type="checkbox"/> taro root	<input type="checkbox"/> raspberries
<input type="checkbox"/> sardines	<input type="checkbox"/> sprouted multi grain breads	<input type="checkbox"/> spinach	<input type="checkbox"/> green peas	<input type="checkbox"/> tangerine
<input type="checkbox"/> lamb or venison	<input type="checkbox"/> rice crackers	<input type="checkbox"/> pumpkin squash	<input type="checkbox"/> yucca root	<input type="checkbox"/> strawberries
<input type="checkbox"/> tofu	<input type="checkbox"/> whole grain crackers	<input type="checkbox"/> mushrooms	<input type="checkbox"/> celery root/ celeriac	<input type="checkbox"/> blueberries
<input type="checkbox"/> whitefish	<input type="checkbox"/> bulgur (cracked wheat)	<input type="checkbox"/> cucumber	<input type="checkbox"/> radish	<input type="checkbox"/> canteloupe
<input type="checkbox"/> mackerel	<input type="checkbox"/> sprouted multi grain wraps	<input type="checkbox"/> brussel sprouts	<input type="checkbox"/> sunchoke/Jerusalem artichoke	<input type="checkbox"/> fresh figs
<input type="checkbox"/> cod	<input type="checkbox"/> brown rice wraps	<input type="checkbox"/> bean sprouts	<input type="checkbox"/> other winter squash	<input type="checkbox"/> papaya
<input type="checkbox"/> oysters, smoked	<input type="checkbox"/> rice cakes	<input type="checkbox"/> bell peppers	<input type="checkbox"/>	<input type="checkbox"/> dates
<input type="checkbox"/> whey protein powder	<input type="checkbox"/> Mary Gone Crackers	<input type="checkbox"/> artichokes	<input type="checkbox"/>	<input type="checkbox"/> raisins
<input type="checkbox"/> vegan protein powder	<input type="checkbox"/>	<input type="checkbox"/> celery	<input type="checkbox"/>	<input type="checkbox"/> cranberries, dried
<input type="checkbox"/>		<input type="checkbox"/> eggplant, Japanese or regular		
<u>legumes/ beans</u>	<u>raw nuts &amp; seeds</u>	<input type="checkbox"/> parsley, chives, leeks, onions	<u>fats/ oils</u>	<u>condiments</u>
<input type="checkbox"/> lentils, green or red	<input type="checkbox"/> almond	<input type="checkbox"/> kale or chard	<input type="checkbox"/> avocado	<input type="checkbox"/> mayonaise (with olive oil)
<input type="checkbox"/> mung beans, yellow or green	<input type="checkbox"/> hazelnut	<input type="checkbox"/> green beans	<input type="checkbox"/> olive oil, extra virgin	<input type="checkbox"/> raw apple cider vinegar
<input type="checkbox"/> edamame beans	<input type="checkbox"/> roasted peanuts	<input type="checkbox"/>	<input type="checkbox"/> olives	<input type="checkbox"/> balsamic vinegar
<input type="checkbox"/> adzuki beans	<input type="checkbox"/> pistachios		<input type="checkbox"/> sesame oil	<input type="checkbox"/> soy sauce, gluten free or
<input type="checkbox"/> hummus	<input type="checkbox"/> pumpkin seeds	<u>dairy/ non-dairy items</u>	<input type="checkbox"/> raw nut oils (keep refrigerated)	<input type="checkbox"/> Bragg's amino acid
<input type="checkbox"/> red lentils	<input type="checkbox"/> sesame butter	<input type="checkbox"/>	<input type="checkbox"/> flax seed oil (keep refrigerated)	<input type="checkbox"/> olive oil, extra virgin
<input type="checkbox"/> bean soup	<input type="checkbox"/> sesame seeds	<input type="checkbox"/> organic, grass fed milk	<input type="checkbox"/> hemp seed oil	<input type="checkbox"/> coconut oil, cold pressed
<input type="checkbox"/> split peas	<input type="checkbox"/> nut butters	<input type="checkbox"/> organic yogurt	<input type="checkbox"/>	<input type="checkbox"/> ghee, clarified butter
<input type="checkbox"/> sweet peas	<input type="checkbox"/> hemp seeds	<input type="checkbox"/> goat cheese	<input type="checkbox"/>	<input type="checkbox"/> dijon mustard, organic
<input type="checkbox"/> cannellini beans	<input type="checkbox"/> flax seeds	<input type="checkbox"/> goat or sheep milk yogurt	<input type="checkbox"/>	<input type="checkbox"/> ketchup, organic
<input type="checkbox"/> black beans	<input type="checkbox"/> chia seeds (MILA)	<input type="checkbox"/> almond, coconut or hemp milk	<input type="checkbox"/>	
<input type="checkbox"/> chick peas/garbanzo beans	<input type="checkbox"/> cashews	<input type="checkbox"/> canned coconut milk	<input type="checkbox"/>	
<input type="checkbox"/> black beans	<input type="checkbox"/> walnuts	<input type="checkbox"/> butter, Organic Valley pasture	<input type="checkbox"/>	
<input type="checkbox"/> black-eyed peas	<input type="checkbox"/> pecans	<input type="checkbox"/> organic cheese (as tolerated)	<input type="checkbox"/>	
<input type="checkbox"/> kidney beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	