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CROSSFIT



# FOOD SHOPPING GUIDE



# PROTEIN



PROTEIN	FOOD / EXAMPLES	NOTES	
CHICKEN	BREAST *SKINLESS		<b>VEGETARIAN / VEGAN PROTEIN</b>
	THIGH *SKINLESS		BEANS, ANY TYPE
DUCK			CHICKPEAS
FISH / SEAFOOD	SALMON		HEMP SEED
	FLOUNDER		LENTILS
	TROUT		LOW FAT TOFU
	HALIBUT		SOY BEANS
	BASS		TEMPEH
	SHRIMP		TOFU
	EGGS	EGG WHITES ( T )	T = EASY TO PREP FOR TRAVEL
	HARD BOILED ( T )	T = EASY TO PREP FOR TRAVEL	
LAMB			
VENISON			
STEAK / BEEF	GROUND MEAT (90 % LEAN)		
	NEW YORK STEAK		
	RIB EYE		
	ROUND STEAK		
	RUMP ROAST		
	FILET		
	FLANK		
	PORK	TENDERLOIN	
	CHOPS		
	RIBS		
	BACON	UNFAVORABLE CONSUME LESS THAN 20 %	
TURKEY	BREAST *SKINLESS		
	TURKEY BACON	UNFAVORABLE CONSUME LESS THAN 20 %	
DELI MEAT		(no sugar/gluten/soy)	
	<b>MEAT IS ACCEPTABLE AS LONG AS IT DOES NOT HAVE ADDED SUGAR OR NITRATES. OTHER MEATS ARE ALLOWED, EVEN IF NOT ON THE LIST. * LEAN MEATS ARE MORE FAVORABLE.</b>		

# CARBOHYDRATES



VEGGIES / CARB	VEGGIES / CARB	FRUITS / CARB	OTHER CARBS
ASPARAGUS	PARSNIP	APPLE	BEANS ( S )
ARTICHOKE	RUTABAGA	BANANA	LENTILS ( S )
EGG PLANT	RADISH	BERRIES	OATMEAL ( S )
ASPARAGUS	HORSERADISH	BALCK BERRIES	QUINOA ( S )
BROCCOLI	WASABI	STRAWBERRIES	RICE ( S )
BRUSSEL SPROUTS	JICAMA	MELONS	RICE CAKE ( S )
CABBAGE	POTATO ( S )	GRAPES	SNAP PEAS ( S )
CAULIFLOWER	SWEET POTATO ( S )	FIGS	WHOLE WHEAT BREAD ( S )
CELERY	YAM ( S )	ORANGES	WHOLE WEAT TORTILLA ( S )
ENDIVE	TURNIP	PLUMS	WHOLE GRAIN / MULTI GRAIN / EZEKIEL BREADS ( S )
FENNEL	ACORN SQUASH ( S )	PEARS	
MUSHROOM	BUTTERNUT SQUASH ( S )	PEACHES	<b>OTHER CARBS DEPENDING ON GOALS * CONSUME LESS THAN 20%</b>
SPINACH	SPAGHETTI SQUASH ( S )	PINEAPPLE	<b>( S ) = STARCHY CARB / HIGHER ON GLYCEMIC INDEX</b>
OKRA	ZUCCHINI	GRAPEFRUIT	
ONIONS	CARROTS	POMEGRANATE	
CHIVES	GINGER	CANATLOPE	
GARLIC		CHERRIES	
LEEK		CLEMENTINE	
SHALLOT		KIWI	
SCALLIONS		MANGO	
PEPPERS		WATERMELON	
BELL PEPPERS			
CHILI PEPPER			
JALAPEÑOS			
PAPRIKA	<b>ANY RAW VEGETABLE IS ALLOWED, EVEN IF NOT INCLUDED ON THIS LIST</b>		

# FATS



FATS & OILS	NOTES	NUTS & SEEDS
AVOCADO		RAW ALMONDS
AVOCADO OIL		CASHEWS
GHEE		WALNUTS
HALF AND HALF	UNFAVORABLE CONSUME LESS THAN 20 %	BRAZILIAN NUTS
NUT OR SEED BUTTERS		CHAI SEEDS
OILVE OIL		HAZELNUTS
HUMMUS	UNFAVORABLE CONSUME LESS THAN 20 %	MACADAMIA NUTS
		PECANS
		PISTACHIOS
		FLAX SEEDS
		PINE NUTS

## KEEP IT SIMPLE

- Eat whole foods
- Shop the perimeter - real food has a shelf life
- Read the ingredients on the back of the label (ingredients are listed in order of ingredient quantity)
- Ingredients should be real - if you can't identify 2 or more ingredients it is likely not good for you. Chances are it is processed and/or does not contain natural ingredients
- Math: Cross reference the serving size to the nutrition information (e.g. calories, grams of fat)



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