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# KILLER BODY

## GROCERY LIST

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### ALWAYS PLAN AHEAD

Grocery shopping doesn't always have to be a headache or overly expensive. Below is your grocery list for the next 3 weeks which is very vital to you reaching your goals. Here are some tips to help you along the way!

In this shopping list it tells you everything you need for the next 3 weeks. You will need to go to the grocery shop at least a couple of times a week for some of the food as it's best to always have fresh food. It might be an idea to buy green veggies and salad every few days.

- Buy meat in bulk if you like & freeze it until you need it.
- Buy all your fruits & veggies fresh unless specified.
- Coconut oil and coconut aminos can be found at health food shops if it's not in your grocery store. You can also purchase these online!
- Protein powder and Healthy Meal replacements can be bought online or at local supplement store. I use Herbalife which you can purchase from my site [killerbody.goherbalife.com](http://killerbody.goherbalife.com)
- Buy organic when possible (especially meat and greens).
- Keep track of your food such as spices, sweet potatoes, onions, yogurt, cottage cheese, coconut oil etc. Only buy as needed!
- If you wish you can use salad dressing on salads providing they

have no sugar added. I like balsamic vinegar, whole grain mustard and olive oil mixed together. Lemons and limes are great as well! You may need to add these as extras to your shopping list.

## ✘ WHAT TO AVOID : BAD CARB LIST

### GROCERY LIST

- *White bread (hoagies, rolls, sandwich bread)*
- *Corn cereal (corn flakes, pops, etc.)*
- *Simple sugar (gatorade powder, kool aid, raw sugar)*
- *Pasta*
- *Pretzels*
- *Potato*
- *Potato chips*
- *Cupcakes*
- *Cookies*
- *Cake*
- *Candies*
- *Jelly*
- *Jams*
- *Pudding*
- *Custards*
- *White Rice*



## USED DAILY

- *Apple Cider Vinegar- I use BRAGGS Raw Unfiltered*
- *Healthy Meal Shake- I use Herbalife Cookies and Cream & Banana Pudding Shake*

## HEALTHY FAT

- *Teaspoon of Olive Oil - Total Calories = 40*
- *2 tsp Butter - Total Fat = 81 grams*
- *Unsalted Nuts- Total Calories (No peanuts) = 190, Protein = 5 grams*
- *Olives - Total Calories (10 Olives) = 59, 80% water*
- *1 tbsp Mayo - Total Calories = 94*
- *1/4 avocado (used in many recipes) - Even though they are high in fat and calories, one study shows that people who eat avocados tend to weigh less and have less belly fat than those who don't*



## VEGETABLES (VITAMINS IN MILLIGRAMS)

*(PICK 3-5 A WEEK)*

- Buy fresh Vegetables when meal prepping and steamed veggies for when you don't have time to cook
- spring mix or spinach salad for convenience (iceberg lettuce is not high in nutrition)

- **Arugula** - Total Calories 1/2 cup = 3, Vitamin A = 5, Vitamin C = 3
- **Asparagus**- Total Calories 1/2 cup 13=, Vitamin A =10, Vitamin C = 6,
- **Bell Peppers** - Total Calories 1/2 cup = 15, Vitamin A = , Vitamin C = 100
- **Broccoli** - Total Calories 1/2 cup = 15, Vitamin A = 6, Vitamin C = 68
- **Brussel Sprouts** - Total Calories 1/2 cup = 19, Vitamin A = 7, Vitamin C = 16
- **Butternut Squash** - Total Calories 1/2 cup = 32, Vitamin A = 149, Vitamin C = 25
- **Carrot** - Total Calories 1/2 cup = 25, Vitamin A = 204, Vitamin C = 6
- **Cauliflower** - Total Calories 1/2 cup = 13, Vitamin A = 0, Vitamin C = 39
- **Celery** - Total Calories 1/2 cup = 8, Vitamin A = 5, Vitamin C = 3
- **Cucumber Total Calories 1/2 cup= 8, Vitamin A = 1, Vitamin C = 2**
- **Garlic Total Calories clove = 4, Vitamin A = 0, Vitamin C = 1**
- **Green Beans**- Total Calories 1/2 cup = 17, Vitamin A = 8, Vitamin C = 15
- **Green Cabbage**- Total Calories 1/2 cup = 11, Vitamin A = 1, Vitamin C = 27
- **Green Onions** - Total Calories 1/2 cup = 16, Vitamin A = 10, Vitamin C = 16
- **Iceberg Lettuce** - Total Calories 1/2 cup = 5, Vitamin A = 4, Vitamin C = 2
- **Lemons** - Total Calories = 24, Carbs = 7.8 grams
- **Limes** - Total Calories 1/2 cup = 20, Fiber = 3 grams, Carbs = 11 grams
- **Mushrooms** - Total Calories 1/2 cup = 8, Vitamin A = 0, Vitamin C = 1
- **Onion** - Total Calories 1/2 cup = 32, Vitamin A = 0, Vitamin C = 10
- **Romaine Lettuce** - Total Calories 1/2 cup = 4, Vitamin A = 27, Vitamin C = 9
- **Sweet Corn**- Total Calories 1/2 cup = 66, Vitamin A = 1, Vitamin C =9
- **Spinach** - Total Calories 1/2 cup = 3, Vitamin A = 28, Vitamin C = 7
- **Sweet Potato** - Total Calories 1/2 cup = 57, Vitamin A = 189, Vitamin C = 3
- **Tomato** - Total Calories 1/2 cup = 16, Vitamin A = 15, Vitamin C = 9
- **Zucchini** - Total Calories 1/2 cup = 33, Vitamin A = 0, Vitamin C = 22

## BEANS COOKED

- *Black Beans- Total Calories 1/2 cup = 100, Vitamin A = 0, Vitamin C = 1*
- *Chickpeas- Total Calories 1/2 cup = 134, Vitamin A = 0, Vitamin C = 2*
- *Lentils- Total Calories 1/2 cup = 115, Vitamin A = 0, Vitamin C = 2*
- *Pinto - Total Calories 1/2 cup = 122, Vitamin A = 0, Vitamin C = 1*
- *Red Kidney - Total Calories 1/2 cup = 112, Vitamin A = 0, Vitamin C = 2*

## FRUIT (PICK 3-4 A WEEK)

- *Grapes - Total Sugar 1 cup, 15.0 g*
- *Raspberries - Total Sugar: 1 cup, 5.4 g*
- *Grapefruit - Total Sugar: 1 cup, sections, 15.9 g*
- *Apples - Total Sugar: 1 cup, chopped, 13 g*
- *Oranges - Total Sugar: 1 cup 14.0 g*
- *Strawberries - Total Sugar 1 cup 7.4 g*
- *Blueberries - Total Sugar: 1 cup, 14.7 g*
- *Bananas -Total Sugar: 1 cup 18.3 g*
- *Mango -Total Sugar: 1 cup 22.5 g*
- *Tangerine -Total Sugar: 1 cup, slices of two tangerines, 20.6 g*
- *Sweet Cherries - Total Sugar: 1 cup, with pits, 17.7 g*
- *Pineapple - Total Sugar: 1 cup, chunks, 16.3 g*
- *Kiwi - Total Sugar: 1 cup, sliced, 16.2 g*
- *Watermelon - Total Sugar: 1 cup 9.4 g*
- *Blackberries - Total Sugar: 1 cup 7 g*
- *Cranberries - Total Sugar: 1 cup, whole, 4.3 g*

- *Bread Whole Wheat* – 1 Slice Total Calories = 69 Calories
- *Bread Sprouted* – 1 Slice Total Calories = 80 Calories
- *Brown Rice* – Total Calories 1 Cup = 216, Carbs = 44.8 g
- *Oats* – Total Calories 100 g = 389, Protein = 16.9 g, Carbs = 66.3 g
- *Spinach Wrap* – Total Calories 1 Cup = 310, Protein = 1 g, Carbs = 49 g
- *Sprouted Wheat Bread* – Total Calories 1 Cup = 68, Protein = 2.3 gs, Carbs = 12.2 g
- *Tomato Wrap* – Total Calories 1 Cup = 174, Protein = 7.5 g, Carbs = 37.2 g
- *Quinoa* – Total Calories 1 Cup = 222, Protein = 8.14 g, Carbs = 39.4 g
- *Whole Wheat Pasta* – Total Calories 1 Cup = 174, Protein = 7.5 g, Carbs = 37.2 g
- *Whole Wheat Pita* – Total Calories 1 Cup = 170, Protein = 6 g, Carbs = 35 g

## SNACKS AND TOPPINGS



- *Almonds* – Total Calories 1 Ounce = 163, Protein = 6 grams, Carbs = 6 Grams
- *Almond Butter* – Total Calories 2 tbsp = 200, Protein = 4 Grams, Carbs = 4 Grams
- *Cashews* – Total Calories 1 Cup = 157, Protein = 5.2 Grams, Carbs = 8.6 Grams
- *Chia Seeds* – Total Calories 1 Cup = 170, Protein = 6 Grams, Carbs = 35 Grams
- *Dark Chocolate*  
*Chips* – Total Calories 70 (16 Chips) = 170, Sugar= 7 Grams, Carbs = 9 Grams
- *Honey* – Total Calories 1 Tbsp = 64, Sugar = 16 Grams, Carbs = 17 Grams
- *Hummus* – Total Calories 100 gram serving = 177 Protein = 4.9 Grams, Carbs = 20.1 Grams
- *Peanuts* – Total Calories 1 Cup = 161, Protein = 6.7 Grams, Carbs = 6.1 Grams
- *Peanut Butter* – Total Calories 2 tbsp = 190 (From Fat 155), Protein = 7 Grams, Carbs = 8 Grams
- *Pecans* – Total Calories 1 Ounce = 196, Protein = 2.6 Grams, Carbs = 3.9 Grams
- *Rice Cakes* – Total Calories 1 = 35, Protein = 1 Grams, Carbs = 7 Grams
- *Walnuts* – Total Calories 1 Cup = 185, Protein = 4.3 Grams, Carbs = 3.9 Grams

ONLY VEGETARIANS & MEAT EATERS BEYOND THIS POINT

## DAIRY AND EGGS ( CHOOSE 1 MILK AND 1 YOGURT)

- *Egg Whites* - 1/2 cup = 13 grams of protein
- *Eggs\** - 1 large egg = 6 grams of protein
- *soy milk* - 1 cup = 8 grams of protein
- *soy yogurt* - 6 oz = 6 grams of protein
- *fat free yogurt* - 6 oz = 5 grams of protein
- *fat free greek yogurt* - 1 container = 18 grams of protein
- *fat free milk* - 1 cup = 8 grams of protein
- *2% part skim cheese or vegan cheese* - 2 oz = 16 grams of protein
- *Feta Cheese* - 2oz = 4 grams of protein
- *Parmesan* - 1 tbsp Total Calories = 22
- *Mozzerela Balls* - 3 Ball Total Calories= 60
- *lactaid milk* - 1 cup = 8 grams of protein
- *Almond Milk* - 1 cup = 1 gram of protein

ONLY MEAT EATERS BEYOND THIS POINT

## FISH & MEAT (PICK 3-4 A WEEK)

- *Chicken Breast* - 4 oz. = 32 grams of protein
- *Dark Meat Chicken (legs, thighs, wings)\** - 4 oz. = 15 grams of protein
- *Red Meat \** - 4 oz. = 32 grams of protein
- *Turkey Breast* - 4 oz = 28 grams of protein
- *Lean Turkey \** - 4 oz = 22 grams of protein
- *Cod* - 4 oz. = 24 grams of protein
- *Tilapia* - 4 oz = 20 grams of protein
- *Tuna in water* - 4 oz = 28 grams of protein
- *Salmon (healthy fat but sometimes lower in protein, have no more then 2-3x a week)* - 4 oz. = 24 grams of protein



( CONT. )

- *Smoked Salmon* - 4 oz = 20 grams of protein
- *Shellfish \** - (high in sodium can lead to bloating) 4 oz.  
= 17 grams of protein

\*HEAVY PROTEINS should make up only 20% of your week. They are high in fat, sodium and cholesterol and will also cause you to bloat.

