The grocery list to support your muscle-building meals.

🛒 Protein Sources

- Chicken breast
- Ground turkey
- Eggs
- Egg whites
- Greek yogurt
- Cottage cheese
- Tofu
- Tempeh
- Lentils
- Black beans
- Canned tuna/salmon
- Whey protein powder
- Casein protein (optional)

🍚 Carbohydrate Sources

- Rolled oats
- White/brown rice
- Whole wheat pasta
- Quinoa
- Potatoes (white/sweet)
- Bananas
- Berries
- Apples
- Whole grain bread
- Rice cakes
- Honey (pre/post-workout option)

🥑 Healthy Fats

- Avocados
- Natural peanut butter/almond butter
- Olive oil
- Chia seeds
- Flaxseeds
- Walnuts
- Almonds
- Salmon (also a protein!)

🥬 Veggies & Greens

- Spinach
- Broccoli
- Kale
- Mixed salad greens
- Bell peppers
- Carrots
- Cucumbers
- Onions
- Garlic

🧂 Optional Add-ons & Extras

- Salt (electrolyte balance)
- Low-fat sauces (mustard, hot sauce, salsa)
- Spices for taste (turmeric, black pepper, paprika)
- Creatine monohydrate
- Multivitamin or greens powder