

STRONG TO THE

COR

6-WEEK CHALLENGE



CRAIG'S SHOPPING LIST

MY TOP PROTEIN SOURCES

- Eggs
- Egg Whites
- Chicken
- Lean Steak
- Lean Ground Beef (93% or better)
- Turkey Breast
- Ground Turkey
- Tilapia
- Tuna
- Salmon
- Whey Protein

MY TOP CARBOHYDRATE SOURCES

- Brown Rice
- Brown Rice Cakes
- Yams
- Oats
- Split Peas
- Black Beans
- Lentils
- Granola
- Fruit (around workouts or morning)
- Waxy Maize, Karbolyn or Dextrose
- Broccoli
- Spinach
- Asparagus

MY TOP FAT SOURCES

- Almonds
- Almond Butter
- Avocado
- Cashews
- Cottage Cheese
- Pistachios
- Flax Oil
- Borage Oil
- MCT Oil
- Peanut Butter