

Body-for-LIFE Shopping List - Male

General

3 Servings Cereal
1 1/2 c. Oatmeal
2 Wheat Pancakes
3 Cans Tuna
2 c. Brown Rice
1/3 c. White Rice
1/4 c. Raisins
10.5 Gallons Water
12 Rice Cakes
1 Serving Pasta
1 Serving Spagetti sauce
Jar is fine, low- or no-
fat. Avoid cheese and
meat varieties
1/3 c. Pork-n-beans
Refried Beans
Salsa

"Free Meal"

Produce

2 Servings Broccoli
3 Servings Carrot Sticks
2 Servings Celery Sticks
3 Servings Cucumber Slices
4 Salads w/nonfat drsg
3 Medium Potatoes

Meats

5 5-6 oz. Chicken Breast
1 4 oz. Fish (not salmon)
6 oz. Salmon
6 Shrimp
5-6 oz. Lean Steak

Dairy

2 2/3 c. Cottage Cheese
Low Fat Cheese
6 Servings Egg Whites (or carton)

Find a great source for egg whites at:

www.StartTodayFitness.com/Egg-Whites/61

EAS Supplements

14 Servings Myoplex Deluxe
21 Servings Betagen
13 Servings CLA
21 Servings Thermo DynamX
3 Precision Protein (w/oatmeal)
7 Precision Protein w/water

More information on

all EAS products can be found at:

www.StartTodayFitness.com/EAS-Supplements/