

Nutrition Phase 1: "Shred"
Shopping List

Proteins 16-24 oz (80-140 grams) per day	Low-No Carb Veggies As much as you want	Good Fats 4 servings per day
Beef	Arugula	Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
Chicken	Broccoli	Peanut butter (Natural kind with no additives. Check the carbs)
Fish	Watercress	Walnuts (¼ cup per serving)
Eggs	Swiss Chard	Fats from meats
Nuts (watch the carbs)	Collard Greens	Flaxseed oil
Protein powders (check the net carbs)	Kale	Canola oil
Dairy (check the carbs)	Spinach	Olive oil (uncooked)
Tofu	Dandelion Greens	Coconut or MCT oil (Fast acting, most efficient for immediate energy)
Edamame	Red Onion	
Seafood	Red Cabbage	
High protein snacks and cereals (check net carbs)	Bell Peppers	
	Pumpkin	
	Summer Squash	
	Garlic	
	Chives	
	Radishes	
	Turnips	
	Mushrooms	
	Onions	
	Leeks	
	Cauliflower	
	Scallions	
	Eggplant	

Please consult with your physician before starting any diet or exercise programs.