

This is a Quick Reference Guide from Weight Lifting Complete.

You can get access to more helpful guides at the website.

Hint: Print several copies and keep in your kitchen.

Printable Grocery List

Lean Protein Sources	Starchy Carb Sources	Sugary Carb Sources	Fibrous Carb Sources	Essential Fat Sources

Use the 'Other' Categories for Items such as Shampoo, Dog Food, Paper Towels, etc.

Other	Other	Other	Other	Other

Tip: Use this sheet so you're not tempted to buy other foods.

Don't forget to put quantities along with each food in your list!

Take a highlighter with you to check off the foods in your cart.