

**This is a Quick Reference Guide from Weight Lifting Complete.**

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

Hint: Print this one page guide and keep in your kitchen.

**Best Food Sources**

<b>Lean Protein Sources</b>	<b>Starchy Carb Sources</b>	<b>Sugary Carb Sources</b>	<b>Fibrous Carb Sources</b>	<b>Essential Fat Sources</b>
Extra Lean Beef 96%	Oats	Apples	Romaine Lettuce	Fish
Lean Beef 92%	Barley	Bananas	Cabbage	Fish Oil
Lean Steak Cuts	Bran	Grapefruit	Spinach	Flaxseed
Pork Tenderloin	Rye	Grapes	Kale	Flax Oil
Whole Eggs	Wheat	Oranges	Collard Greens	Walnuts
Egg Whites	Lima Beans	Tangerines	Mustard Greens	Sesame Oil
Cottage Cheese	Corn	Pears	Broccoli	Various Dressings
Skim Milk	Kidney Beans	Honeydew	Celery	Safflower Oil
Lowfat Yogurt	Garbanzo Beans	Nectarine	Cucumbers	Sunflower Oil
Whey Protein	Butter Beans	Papaya	Squash	Soybean Oil
Casein Protein	Yams	Plums	Zucchini	Almonds
Venison	Navy Beans	Apricots	Tomatoes	Pecans
Mutton	Chick Peas	Strawberries	Artichokes	Seeds
Chicken Breast	Sweet Peas	Blackberries	Eggplant	Sunflower Seeds
Turkey Breast	Black Eyed Peas	Any Berries	Turnips	Oilives
Ground Turkey	Sweet Potatoes	Prunes	Leeks	Olive Oil
Duck	White Potatoes	Raisins	Asparagus	Peanuts
Salmon	Red Potatoes	Blueberries	Brussel Sprouts	Peanut Oil
Tilapia	Brown Rice	Raspberries	Green Beans	Natural Peanut Butter
Other Fish	Black Beans	Peaches	Cauliflower	Avocados
Tuna	Pinto Beans	Lemon	Bell Peppers	Cashews
Shrimp	White Beans	Lime	Green Peppers	Pumpkin Seeds
Crab	Whole Grain Bread	Kiwi	Red Peppers	Hempseeds
Lobster	High Fiber Cereals	Watermelon	Carrots	Hempseed Oil
Any Lean Meats		Melon	Okra	Brazil Nuts
Mackerel		Pineapple	Mushrooms	Soybean Oil
Bison		Cherries	Alfalfa Sprouts	Sesame Seeds
Sardines		Mangoes	Onions	Wheat Germ Oil
		Cantaloupe	Radishes	Grapeseed Oil
		Cranberries	Various Peppers	Pistachios
			Green Peppers	Macadamia Nuts
			Bell Peppers	Krill Oil
			Hot Peppers	Coconut Oil

If you need to know how to structure your meals and learn more about eating the right way, please visit the diet and nutrition section of the website at <http://www.weight-lifting-complete.com/diet-and-nutrition.html>

**Tip: Use this sheet to put your grocery list together.**