

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

Protein Sources	Starchy Carb Sources	Sugary Carb Sources	Fibrous Carb Sources	Essential Fat Sources
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
Cheese	Kidney Beans	Honeydew	Celery	Safflower Oil
Skim Milk	Garbanzo Beans	Nectarine	Cucumbers	Sunflower Oil
Whole Milk	Butter Beans	Papaya	Squash	Soybean Oil
Kefir	Yams	Plums	Zucchini	Almonds
Yogurt	Navy Beans	Apricots	Tomatoes	Pecans
Whey Protein	Chick Peas	Strawberries	Artichokes	Seeds
Casein Protein	Sweet Peas	Blackberries	Eggplant	Sunflower Seeds
Venison	Black Eyed Peas	Any Berries	Turnips	Oilives
Mutton	Sweet Potatoes	Prunes	Leeks	Olive Oil
Chicken Breast	White Potatoes	Raisins	Asparagus	Peanuts
Turkey Breast	Red Potatoes	Blueberries	Brussel Sprouts	Peanut Oil
Ground Turkey	Brown Rice	Raspberries	Green Beans	Natural Peanut Butter
Duck	Black Beans	Peaches	Cauliflower	Avocados
Salmon	Pinto Beans	Lemon	Bell Peppers	Cashews
Tilapia	White Beans	Lime	Green Peppers	Pumpkin Seeds
Other Fish	Whole Grain Bread	Kiwi	Red Peppers	Hempseeds
Tuna	High Fiber Cereals	Watermelon	Carrots	Hempseed Oil
Shrimp		Melon	Okra	Brazil Nuts
Crab		Pineapple	Mushrooms	Soybean Oil
Lobster		Cherries	Alfalfa Sprouts	Sesame Seeds
Any Lean Meats		Mangoes	Onions	Wheat Germ Oil
Mackerel		Cantaloupe	Radishes	Grapeseed Oil
Bison		Cranberries	Various Peppers	Pistachios
Sardines		Honey	Green Peppers	Macadamia Nuts
		Maple Syrup	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/category/diet-nutrition/>

Tip: Use this sheet to put your meal plans and grocery list together.