

MAXIMUM

ROBERT KENNEDY'S

FITNESS

NO B.S. JUST RESULTS.

FOR MEN

FAT LOSS GROCERY LIST

To help you meet your nutrition goals, the **Maximum Fitness grocery list** was designed to go side-by-side with your meal planner from the March/April 2006 issue. It's organized by the aisle to keep you from getting lost in the supermarket. Just print and load your cart.

PRODUCE

- Apple 1
- Bananas 4
- Oranges 2
- Mandarin oranges 4
- Lemons 2
- Grapefruit 1
- Pear 1
- Peaches 3
- Plum 1
- Grapes 2 bunches
- Cantaloupe 1
- Kiwis 2
- Strawberries 1 pint
- Baby carrots 2 large bags
- Leeks 1 bunch
- Sugar snap peas 20
- Potato 1
- Green pepper 1
- Onions 4
- Salad greens 2 bags
- Celery 1 bunch
- Cucumber 1
- Tomatoes 11

- Lettuce 1
- Edamame 100 g
(Lose 5 lbs only)
- Red pepper 1
- Bok choy 100 g
- Spinach 100 g

BAKERY

- Whole-wheat bread 1/2 loaf
- Whole-wheat pitas 1 bag
- Whole-wheat rolls 3
- Whole-wheat rolls 3
- Whole-wheat English muffin 3

MEATS

- Chicken breast slices 6 oz
- Turkey breast slices 5 oz
- Lean ham slices 7 oz
- Lean roast beef slices 5 oz
- Turkey salami slices 1 oz
- Chicken breast 1 5-oz
- Turkey bacon 1 package
- Applegate Farms Organic Sweet Italian Chicken Sausage 1 package
- Canadian bacon 1 package
- Tilapia 1 8-oz
- Salmon fillet 1 6-oz
- Scallops 10
- Large shrimp 12
(Lose 5 lbs only)

DAIRY

- Eggs 1/2 dozen

- Egg Beaters 2 small cartons
- Skim milk 4 quarts
- Dannon Light 'n Fit Yogurt Smoothie 1 7-oz container
- Dannon Light 'n Fit Yogurt 3 6-oz containers
- FAGE Total 0% Greek Yogurt 1 6-oz container
- Mozzarella string cheese 1 package
- 1% cottage cheese 1 container
- Reduced-fat feta cheese 1 oz
- Cabot 50% Light Cheddar Cheese Slices 1 package
- Kraft Singles 2% Milk Sharp Cheddar 1 package
- Cabot 50% Light Cheddar Cheese 1 package
- Gorgonzola or blue cheese 2 oz
- Trans fat-free margarine 1 container
- Shredded part skim mozzarella 2 oz
(Lose 20 lbs only)

HEALTH FOOD

- Chocolate protein powder 1 container
- Bob's Red Mill Whole Ground Flaxseed Meal 1 bag
- Protein bar 1
(150 to 200 calories)

FROZEN FOOD

- Salmon patties 1 box
- Frozen blueberries 1 bag
- Green beans 1 bag

MEAL PLANNER

PACKAGED & CANNED GOODS

- Chunk light tuna 1 6-oz can
- Light popcorn 1 bag
- Splenda 1 box
- Corn 1 can
- Chickpeas 1 can
- Au jus sauce 1 can
- Spaghetti sauce 2 cans
- Pineapple, 1 can
in its own juice
- Lentil soup 2 cans
- Minestrone soup 1 can
- 99% Health Valley 1 can
Fat Free Medium Turkey
Chili with Beans
- Blue com tortilla chips 1 small bag
(Lose 20 lbs only)
- Fiber One cereal 1 box
- Cereal 1 box
(with at least 3 to 5 g fiber)
- Triscuit Reduced Fat 1 box
crackers
- Ryvita Crispbread 1 box
- Low-fat pudding, 2 box
sugar free
- Nabisco Nilla Wafers 1 box

PREPARED FOOD

- Rotisserie chicken 1 5-oz
piece (no skin)

DRIED GOODS

- Steel-cut or 1 box
5-minute oatmeal
- Almonds 40
- Peanuts 40
- Walnuts 20
- Linguini 1 bag
- Spaghetti 1 bag
- Wild rice 1 bag
- Raisins 1 box

SPICES

- Cinnamon 1 container
- Garlic cloves 1 bulb

- Garlic powder 1 container
- Basil (Lose 20 lbs only) 1 container

CONDIMENTS

- Peanut butter 1 jar
- Chunky peanut butter 1 jar
(Lose 5 lbs only)
- Jam 1 jar
- Light mayonnaise 1 jar
- Dijon mustard 1 jar
- Relish 1 jar
- Ketchup 1 bottle
- Hot sauce 1 bottle
- Balsamic vinegar 1 bottle
- Red wine vinegar 1 bottle
- BBQ sauce 1 bottle
- Tabasco sauce 1 bottle
- Pickles 1 jar
- Black or green olives 1 jar
- Olive oil 1 bottle
- Lemon juice 1 bottle
- Reduced-fat Italian 1 bottle
dressing
- Reduced-fat ranch 1 bottle
dressing
- Reduced-fat Caesar 1 bottle
dressing
- Hummus 1 container
(Lose 5 lbs only)

BEVERAGES

- Coffee or tea 1 jar or box
- Green tea 1 box
- Orange juice 1 quart
- Cranberry juice 1 bottle
- Crystal light mix 1 can
- Lime-flavored 2 bottles
seltzer water
- Lemon-flavored 1 bottle
seltzer water
- Propel Fitness Water 1 bottle
- Sports drinks 2 bottles
- Hot chocolate 1 package
(Lose 5 lbs only)

NEXT ISSUE

ON SALE MAY 2ND

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men's total
fitness!*

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NO B.S. JUST RESULTS. FOR MEN

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