

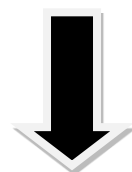
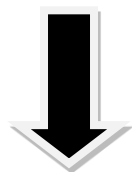
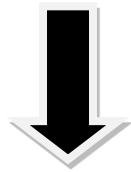
PERSONALLY TRAIN YOURSELF

“LOWERING BODY FAT”

2 WEEK GROCERY LIST

- This is a Diet Grocery List of Good Guidelines to what to buy and what not to buy at the store.
- Best Results for Endomorphs, but all around beneficial to every Body Type to help lose unwanted fat.
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- I am not a Doctor or Dietitian.
- This Diet can be repeated every week, but recommended to alternate between this grocery list and the next one for more diversity of meals so you don't get bored.

Lets Begin...



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GROCERY LIST #1

KETO Diet

- Proteins: Buttered Steak, Fish, Pork, Poultry, Peanut Butter
- Healthy Fats: Butter, Avocados, Eggs, Macadamia Nuts
- Vegetables: Asparagus, Cauliflower, Celery, Mushrooms, Lettuce, “Green” Bell Pepper, Dill Pickles.
- Cheese: Brie, Cheddar, Monterey, Cream, Whole Milk.
- Nuts: Flax, Chia, Brazil Nuts, Pecans, Pumpkin seeds
- Beverages: Water, Coffee, Tea, Sucralose* drinks.

AVOID

- Sugars, Chocolate, Bread, Pasta, Carbs, Fatty Oils (Canola Oil), Salty Foods, Fruits, Some Spices, Watch Tomato Intake (Sugar), Some Medicine.

What You Need

- Magnesium: Nuts, Seeds
- Chromium: Broccoli, Cheese
- Silicon: Nuts, Seeds
- Chloride: Fish
- Carbon: Spinach
- Calcium: Cheese, Broccoli, Spinach, Milk
- Nitrogen: Proteins (Meats)
- Phosphorus: Chicken, Beef, Eggs.
- Sulphur: Cauliflower, Broccoli

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GROCERY LIST #2

LOW CAL Diet

- White Fish: Tilapia and cod
- Fat Free Dairy: FF Yogurt w/ Wheat Germ, FF Cottage Cheese
- Poultry: Chicken Breast and Egg Whites, Chicken Broth
- Vegetables: Broccoli, Brussel Sprouts, Carrots, Beets, Lettuce, Zucchini, Garlic, Peppers, Onion, & Lentils.
- Fruit: Grapefruit, Tomatoes, Lemons, Limes, & Berries.
- Oats: Old Fashion Oats
- Coconut Oil.
- Coffee, Tea, and Water.

AVOID

- Sugar, Chocolate, Bread, Pasta, Carbs, Fatty Oils (Canola Oil), Salty Foods, Some Spices

What You Need

- Fibrous Foods
- Proteins
- Foods that have Negative Caloric Intake (Burn More Calories while Digesting them): Apples and Celery
- Alkaline to offset Acidic Foods
- Probiotics
- Fermented Foods

