

High Performance Grocery List on a Budget!

Nutrition in Action, Professional Education Services

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Fruits: (Fresh or Frozen)

Pre-cut fresh Fruit*
Fruit leathers (Fruit to go/Fruit Source Bars)
Juice (100% juice , not fruit punch/drink
Bananas/ pineapple, papaya, mango,
honeydew, watermelon, apricots, cantaloupe
(High GI)
Apples, pears, grapes, unsweetened
applesauce, Grapefruit, oranges, lemon, limes,
Raspberries, blueberries, strawberries,
blackberries,
Peaches, plums, cherries, Kiwi (Low GI)
Dried Fruit (cranberries, raisins, blueberries,
apricots)

Vegetables

V-8 Fusion and V-8
Pre- cut veggies*
Frozen Veggies (stir fry mix)
Canned Tomatoes
Knorr Orange/Yellow/Green soup!
Canned Corn, Asparagus, Green/yellow beans,
peas

GRAINS:

Multigrain Bread/rolls/baguettes
Whole grain Bagel/English muffins/pitas/tortillas
Low Fat Granola/
Cold Cereals: Corn Bran/Vector/shreddies/
Kashi, Shredded Wheat, Fiber one, Bran Buds,
Bran Flakes
Bulk oatmeal or instant *
Pancake mix
Brown or whole grain Rice
Potatoes sweet and white
Salted Pretzels
Low fat crackers (Breton, melba toasts, Ryveta)
Rice cakes
Unbuttered Popcorn (Smart Pop)
Whole wheat and multi-grain pasta, whole
wheat cousous, barley, cracked wheat, bulgar,
Quinoa
Graham crackers
Low fat Oatmeal muffin mix

MILK & Alternatives:

1% or less MF Yogurt/milk alternatives
<20% MF Cheese
1% or less White/Chocolate milk
Cottage cheese (<1%)
Sweetened Calcium fortified soy beverage, Soy
yogurt
Fat free sour cream, Ultra low fat cream cheese
Frozen yogurt or Ice Milk Soft Ice cream (not sherbet
sorbet or ice cream!...high in sugar!)

Lean Meat & Alternatives:

Eggs
Peanut Butter (light or natural)
Nuts/almonds
Dried Peas and Beans (lentils, chickpeas, kidney
beans etc.)
Kidney Beans/lentils/chick peas
Chicken breasts
Pre-cooked Chicken breast strips*
Lean Hamburger/ground chicken/turkey
Lean cuts of beef
Frozen Chicken/pork skewers*
Lean turkey/chicken/beef meatballs*
Canned haddock/salmon/crab/tuna
Fruit and nut trail mix

Essential Fats, Seeds, nuts and oils: (1 tsp max at each meal)

Flax seed oil, ground flax seed, Walnuts, almonds,
peanuts
Peanut and almond/nut butter
Olive oil, canola oil, Small amounts of sesame oil,
Hemp oil
Sesame Seeds, Sunflower seeds, pumpkin seeds

Free Condiments:

Salsa, Pickles, antipasto
Fresh and dried herbs and spices,
Soy Sauce (high in sodium)
Curry paste, green chiles, jalapenos,
Mustard, HP sauce
Chicken/Beef/Vegetable boullion or broth

* Denotes foods usually higher in price

Sports Foods:

Sport Bars (at least 10 g or protein & 25-30 grams of Carbohydrates, less than 4 g fat), avoid single nutrient products.

- ✓ Cereal/granola bars (check the label and watch the fat (less than 4 g fat)
Nutrigrain bars/Nature Valley Fruit n Nut bars/oatmeal to go bars/Vector bar

Sports Drinks: sport drink should range from 6 to 8% carbohydrate

- ✓ (i.e., 6 to 8 grams of carbohydrate in every 100 ml of beverage (Glucose, sucrose, maltodextrin, some fructose)
- ✓ 500-700mg sodium/1L
- ✓ 80-200mg Potassium/1L

Meal Ideas

- * Chili over rice, topped with shredded cheddar, 2 slices of French bread, and milk
- * Pasta with meat sauce (or topped tomato sauce with slices chicken), 2 slices of French bread, milk
- * Spinach salad topped with chicken skewers, 2 slices of bread, and water
- * Grilled chicken sandwich, mashed potatoes, 2 cups of side salad or 2 cups of steamed veggies, and milk or water

High Performance Meal/Snack Ideas

Breakfast

- ✓ Fruit Smoothie with frozen fruit/Orange Juice/Yogurt/Milk (see recipes), bagel with peanut butter, banana, and 1 cup of fruit juice
- ✓ 2 eggs + 2oz cheese + English muffin, 1 cup of fresh fruit, and water
- ✓ Hot oatmeal + 2 tablespoons of raisins + 1 tablespoon of brown sugar + milk, 1 cup of fresh fruit, and 1 cup of milk
- ✓ 1 cup of yogurt + ½ cup of granola, 2 slices of multigrain toast + jam or peanut butter, and 1 cup of 100% juice.

Morning Snack

- ✓ Banana and chocolate milk
- ✓ Low fat crackers with 3 oz or cheese and white/chocolate milk
- ✓ Bagel with jam and 1 cup of fruit juice
- ✓ Fresh fruit and yogurt (add granola)

Lunch

- ✓ Chunky style or vegetable soup, 2 slices of French bread (or ww roll), and 1 cup of water or milk
- ✓ Salad with sliced chicken and shredded cheese (low fat salad dressing), 2 slices of bread, water or milk, and banana
- ✓ Meat sandwiches (2 oz, meat, shredded cheese, tomato, lettuce), pasta or garden salad, and milk or yogurt and water

Afternoon Snack

- ✓ Peanut butter sandwich (or 2 oz or meat in your sandwich), 4 tablespoons of raisins, and 1 cup of milk
- ✓ Fruit smoothie and 4 tablespoons of dried cranberries and almonds + water
- ✓ Trail Mix

Evening Snack – only if needed

- ✓ Multigrain Pretzels with salsa
- ✓ Bowl of fruit with vanilla yogurt
- ✓ Crackers w cheese

QUICK POWERFUL DISHES ON A DIME!

These recipes will keep your grocery bill low and your performance level high!

Slow cooker Sweet and Sour Pork

What You Need!

1-1/2 lb. (750 g) boneless pork loin, cut into 1-inch pieces
1 onion, chopped
1 bottle (295 mL) Sweet 'n Sour Sauce
1 can (10 fl oz/284 mL) chicken broth
1 can (14 fl oz/398 mL) pineapple chunks, drained
1 green pepper, chopped
2 cups instant white rice, uncooked

How to Make It!

PLACE meat in slow cooker; top with onions.
ADD sweet-and-sour sauce and broth; cover with lid.
Cook on LOW for 8 to 10 hours (or on HIGH for 5 hours).
STIR in pineapple, peppers and rice; cover. Cook an additional 20 min.

Calories 393 , Total fat 5.7 g , Sodium 604 mg ,
Carbohydrate 53.8 g , Dietary fibre 1.4 g ,
Protein 30.9 g

Homemade sports drinks

Sports Drink [=7.1% carbohydrate]

3 1/2 cups water
1/2 cup orange juice
1/3 cup sugar
pinch of salt

"Koolaid" Sports Drink [=6.7% Carbohydrate] 1 small package (6 g pkg) flavoured drink crystals
1/3 cup sugar
4 cups water
pinch of salt

Homemade Energy Bars:

Water, 1.1/4 c
Corn Syrup 3 tbsp
Low Fat Oatmeal muffin Mix 4 Lb
Raisins, 5 oz
Sunflower seeds, 2 oz
Shredded coconut, 2 oz
Cinnamon, 1 tbsp

1. Combine water, corn syrup and muffin batter in a large bowl. Mix well until water is absorbed.
2. Add remaining ingredients.
3. Place parchment paper into a full steamtable pan (12" x 20") and spread mixture evenly over paper.
4. Add another piece of parchment paper on top of mixture and roll with rolling pin.

5. Remove top layer of parchment paper and bake at 325°F (160°C) 20 - 25 minutes or until golden brown.

6. Cool in pan 45 minutes. Turn upside down, remove paper and cut 32 bars per pan (4 x 8).

Variation: Dried Cranberries can be substituted for half or all of the raisins

**Energy - 260 Kcal; Protein - 5 g; Fat - 5 g;
Carbohydrate - 49 g; Sodium - 363 mg; Fibre - 3 g**

Chunky Chili

Makes 10 cups: 10 servings

What you need!

4 garlic cloves, chopped
2 onions, coarsely chopped
1 green pepper, core, seeded and coarsely chopped
Canola oil
1 tsp dry mustard
1 tsp celery seed
2 tsp chili powder
1 1/2 teaspoon black pepper
28 oz can diced tomatoes
1/4 cup Worcestershire sauce
1 package Seasoned Ground Soy or 1 lb lean ground beef
2 cups frozen corn
15 oz can red kidney beans-drained
15 oz pinto beans-drained

How You Make it!

1. Lightly coat a large saucepan with oil and set over medium-high heat. Add garlic, onions and peppers. Sprinkle with dry mustard, celery seeds, chili powder and black pepper. Stir occasionally until onions start to soften, about 2 minutes.
2. Pour in tomatoes and Worcestershire sauce and bring to a boil. Reduce heat to medium-low and simmer, covered for 10-15 minutes.
3. Stir ground soy, corn and beans into chili. Cover and continue cooking until beans are warmed through, about 2 minutes. Remove from heat. Spoon into bowls and serve with fresh bakery bread.
4. Chili will keep well, covered and refrigerated, up to 5 days or freeze up to 2 months.

(You can put all of these ingredients in a slow cooker and cook on MED for 5-6 hours)

Nutritional information: per serving (1 cup)

Calories 174, Carbohydrates 32g, Protein 12g, Fat 1.1g, Sodium 500mg,