

PROTEINS	
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Chicken Breasts	
Fresh Fish (Salmon, Talapia, Cod, Halibut, etc)	
Salmon Burgers	
Turkey Burgers	
Eggs	
Canadian Bacon	
Lean Ground Chicken, Turkey, or Beef	

DAIRY	
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Plain Nonfat Greek Yogurt	
Skim Milk	
Unsweetened Almond or Rice Milk	
Organic Butter	

FRUITS & VEGGIES		
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Green Apples		
Bananas		B
Fresh Berries	Š.	
Frozen Berries (bulk)		
Tomatoes		
Carrots		
Broccoli		
Cauliflower		1.4
Bell Peppers		
Asparagus		
Yams		
Celery		
Jalapenos		
Avocados	A * * * * * * * * * * * * * * * * * * *	

\$6.50 AT A	
ADDITIONAL ITEMS	
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GRAINS & LEGUMES	A.A.
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Old Fashioned Oats	
Quinoa	
Brown Rice	
Black Beans	
Wheat Bulgar	
Rice Cereal	
Lentils	
Whole Wheat Noodles	Al Sy
Whole Wheat Bread	

OTHER	
OTTEN TO THE TENT OF THE TENT	1./
Salsa	
Sriracha	
Hot Sauce	
Buffalo Sauce	
Organic Ketcheup	
Mustard	
Balsamic Vinaigrette Dressing	
Light Honey Mustard Dressing	
Humus	
Sodium Free Grill Seasonings	
Black Pepper	
Natural Peanut Butter	
Natural Jam Preserves	
Natural Honey	
Stevia	
Olive Oil	
Coconut Oil	
Raw Nuts (Almonds, Walnuts, Pecans, etc)	



Questions? Contact: coachtodd@rippedclub.net