

GROCERY LIST  
NEWBIE FITNESS ACADEMY

BY

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## PROTEIN

- Beef
- Bison
- Boar
- Buffalo
- Chicken Breast
- ChickenThigh
- Duck
- Game
- Lamb
- Pork
- Turkey
- Veal
- Catfish
- Clam
- Halibut
- Herring
- Lobster
- Mackerel
- Mahi Mahi
- Oyster
- Salmon
- Sardines
- Scallops
- Shrimp

## NUTS, SEEDS, AND OTHER FAT

- Almonds
- Brazil Nut
- Chestnut
- Hazelnut
- Macadamia
- Pecans Pine
- Pistachios
- Pumpkin
- Sunflower
- Walnut
- Avocado &  
Oil
- Olives
- Bacon Fat
- Butter
- Coconut Oil
- Coconut Milk
- Duck Fat
- Macadamia
- Olive Oil
- Palm Oil
- Sesame Oil

## VEGETABLES

- Green Beans
- Artichoke
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussels
- Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collards
- Cucumber
- Daikon
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard
- Greens
- Okra
- Onions
- Peppers
- Radish
- Seaweed
- Snap Peas
- Spinach
- Snapper

## DAIRY & OTHER

- Goat Milk
- Cottage Cheese
- Greek Yogurt (the best!)
- Almond Milk
- Coconut Milk
- Coconut Yogurt

## GRAINS AND OTHER FUEL CARBS

- Plain full flake or steel cut oats
- Plain amaranth
- Plain quinoa
- Plan millet
- Plain wheat berries
- Plain barley
- Plain wild rice
- White Potato
- Sweet Potato

## Some ninja tricks for you:

These little changes might not seem much on their own but they all add up to staggering results over time!

1. If you're someone who likes to put sugar in your coffee, use Stevia instead. It's a natural root extract and it's zero calories



Here are some of its health benefits:

<https://authoritynutrition.com/stevia/>

2. Don't have time to prepare your vegetables? Buy microwave ready vegetables! Just pierce the bag to let out the steam and serve! A bag should last you 3-4 meals. Veggie problem solved!

They kinda look like this:

