

IIFYM Flexible Dieting Bodybuilding Guide

Ultimate Grocery List: 50 Top Foods

Food	Serving Size	Calories	Protein	Carbohydrates	Fat
Vegetables (1-12)					
1) Asparagus	100g	27.8	2.4	4.1	0.2
2) Bell Peppers	100g	33.4	0.9	7	0.2
3) Broccoli	100g	41.2	2.4	7	0.4
4) Carrots	100g	37	0.8	8	0.2
5) Cauliflower	100g	29.3	1.8	4.4	0.5
6) Cucumber	100g	17.7	0.6	3.6	0.1
7) Garlic	100g	160.5	6	33	0.5
8) Kale	100g	61.3	4.3	9	0.9
9) Onions	100g	41.3	1.1	9	0.1
10) Potatoes	100g	92.4	2.1	21	0
11) Spinach	100g	29.6	2.9	3.6	0.4
12) Sweet Potatoes	100g	86.4	1.6	20	0

Fruits & Berries (13-19)					
13) Apples	100g	59	0.3	14	0.2
14) Avocados	100g	179	2	9	15
15) Bananas	100g	99.1	1.1	23	0.3
16) Oranges	100g	52.5	0.9	12	0.1
17) Strawberries	100g	37.5	0.7	8	0.3
18) Raspberries	100g	58.2	1.2	12	0.6
19) Tomatoes	100g	21	0.9	3.9	0.2

Eggs (20)					
20) Eggs	1 Lg (50g)	71.4	6	0.6	5

Meat (21-24)					
21) (95%) Lean Beef	3oz (85g)	156.8	24.8	0	6.4
22) Chicken Breast	3oz (85g)	130.2	25.8	0	3
23) Lamb	3oz (85g)	180.3	26	2.2	7.5
24) Turkey	3oz (85g)	150	24	0	6

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<i>Fish & Seafood (25-29)</i>					
25) Salmon	3oz (85g)	167	17	0	11
26) Sardines	3oz (85g)	170.4	21	0	9.6
27) Shrimp	3oz (85g)	81	18	0	1
28) Trout	3oz (85g)	155	23	0	7
29) Tuna	3oz (85g)	64.5	15	0	0.5

<i>Nuts & Seeds (30-35)</i>					
30) Almonds	1oz (28g)	174	6	6	14
31) Chia Seeds	1oz (28g)	147.8	4.7	12	9
32) Coconuts	1oz (28g)	101	1	4	9
33) Macadamia Nuts	1oz (28g)	213.4	2.2	3.9	21
34) Walnuts	1oz (28g)	194.8	4.3	3.9	18
35) Peanuts	1oz (28g)	172.4	7	4.6	14

<i>Grains (36-38)</i>					
36) Brown Rice	100g	366.1	8	77	2.9
37) Oats	100g	395	17	66	7
38) Quinoa	100g	366	14	64	6

<i>Breads (39-40)</i>					
39) Ezekiel	1 slice	89	15	5	1
40) Light Rye	1 slice	72	15	3	0

<i>Legumes (41-43)</i>					
41) Green Beans	100g	36.5	1.8	7.1	0.1
42) Kidney Beans	100g	130.5	8.7	22.8	0.5
43) Lentils	100g	119.6	9	20	0.4

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<i>Dairy (44-46)</i>					
44) Cottage Cheese	100g	90	14	4	2
45) Greek Yogurt	100g	70	10	3	2
46) Milk, (Almond)	1 Cup (250mL)	63	1	8	3

<i>Fats & Oils (47-50)</i>					
47) Almond Butter	1Tbsp (15g)	108.7	2.4	3.4	9.5
48) Coconut Oil	1Tbsp (13.6g)	126	0	0	14
49) Extra Virgin Olive Oil	1Tbsp (13.5g)	126	0	0	14
50) Peanut Butter	1Tbsp (15g)	91	4	3	7