

# TRULY HUGE BODYBUILDING FOOD LIST

## FRESH PRODUCE

### FRUIT

Apples  
 Avocados  
 Bananas  
 Cantaloupe  
 Pears  
 Plums  
 Grapes  
 Kiwi  
 Apricots  
 Nectarines  
 Peaches  
 Berries  
 Oranges  
 Grapefruit

### VEGETABLES

Asparagus  
 Artichokes  
 Bell Peppers: Red and Green  
 Broccoli  
 Cauliflower  
 Brussels Sprouts  
 Carrots  
 Celery  
 Corn  
 Eggplant  
 Peas  
 Green Beans  
 Lettuce  
 Cabbage  
 Collard Greens  
 Salad Mix  
 Spinach  
 Tomatoes  
 Mushrooms  
 Cucumbers  
 Onions  
 Green Onions  
 Potatoes  
 Sweet Potatoes  
 Yams  
 Zucchini and Other Squash  
 Garlic

## CONDIMENTS

Honey  
 Horseradish  
 Low-Fat Salad Dressing  
 Mustard  
 Nonfat Mayonnaise  
 Salsa  
 Vinegars

## DAIRY PRODUCTS/EGGS

*Low-fat or Non-fat only*  
 Cheese  
 Cottage Cheese  
 Ricotta Cheese  
 Eggs\*  
 Egg Substitute  
 Egg Whites  
 Light Margarine  
 Milk  
 Sour Cream  
 Tofu  
 Yogurt  
 \*Eggs aren't low-fat, but you can use whites for non-fat protein

## BREADS

Bagels  
 English Muffins  
 Pizza Crusts  
 Rolls  
 Sourdough Bread  
 Tortillas (low-fat)  
 Whole-wheat Bread  
 Whole-wheat Pita Bread

## CEREALS

Cheerios  
 Oatmeal  
 Raisin Bran  
 Shredded Wheat  
 Wheat Chex  
 Other Whole-grain Cereals w/ +3 grams fiber

## STAPLES

Peanut Butter  
 Almonds  
 Walnuts  
 Brown Rice  
 White Rice  
 Wild Rice  
 Flour  
 Bulgur  
 Couscous  
 Wheat Germ  
 Lentils  
 Dry Beans  
 Dry Split Peas  
 Garlic Powder  
 Imitation Butter Flavoring  
 Cajun Spices  
 Mexican Spices  
 Spices and Flavorings  
 Vanilla Flavoring  
 Sugar-free Sweetener  
 Canola Oil  
 Olive Oil  
 Cooking Spray  
 Raisins and Other Dried Fruit  
 Flaxseeds  
 Sugar (for workout drinks)  
 Salt Substitute

## CANNED GOODS

Tuna  
 Salmon  
 Black Beans  
 Kidney Beans  
 Lima Beans  
 Garbanzo Beans  
 Green Beans  
 Peas  
 Spinach  
 Tomatoes  
 Soup (low-fat, low-sodium)  
 Broth (low-sodium)  
 Pineapple  
 Peaches  
 Pears  
 Applesauce  
 Tomato Sauce

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## PASTA AND SAUCE

Spaghetti  
Macaroni  
Noodles  
Non-fat Pasta Sauce

## MEAT/POULTRY/FISH

Chicken Breast  
Pre-cooked Chicken Strips  
Beef Pot Roast  
Round Steak  
Sirloin Steak  
Pork Tenderloin  
Lean Ground Beef  
Lean Ground Turkey  
Turkey Breast Fillets  
Fresh Fish Fillets (Halibut, Orange  
Roughy, Salmon, Shark, Red Snapper)  
Scallops  
Venison  
Canadian-style Bacon  
Leg of Lamb  
Lean Ham  
Lean Deli Meats

## FROZEN FOODS

Strawberries  
Blueberries  
Peaches  
Orange Juice  
Fruit Juice Bars  
Asparagus  
Broccoli  
Soybeans  
Other Vegetables  
Frozen Shrimp  
One-package Meals  
Healthy Frozen Dinners (low-sodium, low-fat)

## BEVERAGES

Bottled Water  
100% Fruit Juices: Orange, Apple,  
Grapefruit  
Tomato Juice  
Diet Soda  
Coffee  
Tea

## SNACKS

Whole-wheat Pretzels  
Low-fat Chips  
Low-fat Popcorn  
Rice Cakes  
Whole-wheat Crackers  
Sherbert

## SUPPLEMENTS

Nutrition Bars  
Protein Powder  
Vitamin/Mineral Supplements  
Glutamine  
Creatine  
Soy Products  
Thermogenics  
Meal Replacements  
Amino Acids  
Phosphatidyl Serine  
EEA's  
Fish Oil