

AMMUNITION RUN

OFFICIAL SHOPPING LIST

I. THE PROTEIN STRONGHOLD

- ☐ Boneless, skinless chicken breast (family pack)
- ☐ Ground turkey 93/7 (1.5-2 lbs)
- ☐ Large eggs (2 dozen)
- ☐ Liquid egg whites (1-2 cartons)
- ☐ Greek yogurt 2-5% (32 oz)
- ☐ Cottage cheese 2-4% (24 oz)
- ☐ Canned tuna in water (4-5 cans)
- ☐ Frozen fish fillets (cod/tilapia/salmon)
- ☐ Lean steak or 90/10 ground beef
- ☐
- ☐

III. THE CARB FUEL DEPOT

- ☐ Rolled oats
- ☐ Potatoes (regular or sweet)
- ☐ Whole-grain bread or low-carb tortillas
- ☐ Quinoa or brown rice
- ☐ Canned beans/chickpeas or dry lentils
- ☐
- ☐

V. THE TACTICAL RESERVE

- ☐ Whey protein powder (vanilla/chocolate)
- ☐ Low-calorie sweetener (erythritol/Splenda)
- ☐ Zero-calorie sauces
- ☐ Light beer (Michelob Ultra, Miller Lite)
- ☐
- ☐

II. THE VEGETABLE ARSENAL

- ☐ Leafy greens (spinach, romaine)
- ☐ Broccoli, cauliflower
- ☐ Cucumbers, tomatoes, bell peppers
- ☐ Onions, garlic
- ☐ Frozen broccoli, green beans, mixed veg
- ☐ Frozen berries
- ☐
- ☐

IV. THE SUPPORT CREW (FATS, SAUCES & SPICES)

- ☐ Extra virgin olive oil
- ☐ Avocados
- ☐ Raw unsalted nuts (almonds, walnuts)
- ☐ Chia seeds
- ☐ Mustard (Dijon), hot sauce, salsa
- ☐ Salt, pepper, garlic powder, paprika, Italian herbs
- ☐
- ☐

VICTORY FIRST, THEN TROPHIES