

The Six Pack Abs Shopping List

<http://www.leanitup.com/the-six-pack-abs-shopping-list/>



Fats

Six Pack Picks

Natural peanut butter –
Naturally More, Earth Balance
Almond butter
Coconut peanut butter – *Earth Balance*
Powdered peanut butter – *PB2*
Almonds (low sodium)
Walnuts
Pecans
Hazelnuts
Cashews
Pistachios
Sunflower seeds (low sodium)
Mixed nuts (low sodium)
Salmon
Avocado
Guacamole
Flax seeds
Flax oil
Chia seeds
Olive Oil/EVOO
Virgin coconut oil
Olives
Tahini
Natural soft cheese (goat, brie, feta)
Almond milk
Flax milk
Coconut milk
Unsweetened coconut
Nut bars – *Larabars, KIND*
Fish Oil & Omega-3's –
Optimum Nutrition, NOW, MRM

Belly Busters

JIF/Skippy/artificial peanut butter
Nutella
Canola oil
Corn oil
Soybean oil
Mayonnaise
Butter
Margarine
Half & half
Coffee creamer
Whole milk
Sour cream
Cream cheese
Processed cheese
Sweetened coconut
High sodium nuts

Protein

Six Pack Picks

Chicken breast (skinless)
Turkey breast (not cold cuts)
Pork
Salmon
Tilapia
Tuna/Yellowfin
Lobster
Crab
Shrimp
Lean steak (93%+)

Eggs
Liquid egg whites –

Egg Beaters

Plain Greek yogurt, 0% or 2% –
FAGE, Chobani, Oikos, etc.
Flavored Greek yogurt
Canned tuna in water – *Wild Planet*
Cottage cheese (0%, 1%)
Cottage cheese with pineapple
Lean string cheese
Milk (skim, 1%)
Natural turkey bacon – *Applegate Farms*
Whey protein powder –
Sun Warrior, Optimum Nutrition, Dymatize
RTD protein shakes –
Pure Protein RTD, ABB Pure Pro 50 RTD, Met-Rx RTD

51

Protein bars –
Quest, ON Whey Crisp, Power Crunch
Edamame
Flax milk
Coconut milk
Unsweetened coconut
Nut bars – *Larabars, KIND*
Fish Oil & Omega-3's –
Optimum Nutrition, NOW, MRM

Belly Busters

Bacon
Sausage
Salami
Pepperoni
Fatty ground beef
Fatty steak
Hot dogs
Corn beef
Poultry skin
Lox & processed salmon
Cheeseburgers/hamburgers

Deli meat and cold cuts

High-fat cottage cheese
Non-Greek yogurt
Processed soy/tofu

Carbs – Grains, Veggies, & Fruit

Grains & Sugars –

Six Pack Picks

Oatmeal/rolled oats
Steel cut oats
Oat bran
Brown rice
Amaranth
Quinoa
Buckwheat

Barley
Whole wheat pasta
Pita
Couscous
Wheat germ
Popcorn
Muesli
Certain cereals –
Cheerios, Kashi Go Lean, Fiber One, Wheat Chex, and anything else in our Top 50 Cereals list.
Cocoa powder
Agave
Raw honey
Stevia

Belly Busters

White rice
White bread
White pasta
Bagels
Rolls
Donuts
Muffins
Most cereal –
anything that's negative on our Top 275 Cereal Fatness Index (generally anything other than Cheerios, Kashi GoLean, and FiberOne)
Granola
Chips
Cookies
Crackers
Rice cakes
Cake

Pancakes
Waffles
Pretzels
Pastries
Maple syrup
Processed honey
Artificial sweeteners –
Splenda, Aspartame, Equal, Sweet N' Low
Jelly
Ice cream and popsicles
Candy

Veggies

Six Pack Picks

Yams
Sweet potatoes
Carrots
Peas
Spinach
Lettuce
Arugula
Cabbage
Kale
Brussels sprouts
Butternut squash
Onions
Peppers
Eggplant
Mushrooms
Asparagus
Beans
Lentils
Broccoli
Cauliflower
Zucchini
String beans
Cucumber
Ginger

Belly Busters

White potatoes
Canned veggies
Corn
Pickles (high sodium)
Canned soup
Canned chili
Canned tomato sauce – Prego, Ragu
Baked beans

Fruit

Six Pack Picks

Tomatoes
Bananas
Apples
Pears
Oranges
Clementines
Peaches
Blueberries
Raspberries
Blackberries
Strawberries
Cantaloupe
Honeydew
Pomegranate/POM
Pineapple
Mango
Plum
Kiwi
Lemons/lemon juice
Limes/lime juice
Grapes
Apricots
Guava
Cranberries
Papaya
Cherries
Grapefruit
Watermelon
Passion fruit

Belly Busters

Dried fruit
Trail mix
Raisins
Figs
Dates

Drinks, Condiments, & Spices

Drinks –

Six Pack Picks

Water
100% natural fruit juice –
Simply Orange, Tropicana, Trop 50, POM, Bolthouse Farms
Unsweetened green tea –
Ito En

V8 (low sodium)
Flavored water (no art. sweeteners) –
Metromint, Hint

Coffee

Seltzer

Belly Busters

Soda & diet soda

Unnatural/sweetened fruit juice
Sweetened iced tea –
Snapple, Honest, Lipton
Sweetened sports drinks –
Gatorade, VitaminWater

Sweetened lemonade
Sweetened coffee drinks –
Starbucks Frappuccino, Iilly
Energy drinks –
KickStart, Red Bull, Monster

Condiments & Spices

Six Pack Picks

Organic ketchup (non-HFCS) –
Simply Heinz, Heinz Organic
Mustard (non-HFCS)
Hot sauce –
Sriracha, Frank's, Tabasco, Cholula

Salsa
Hummus
Balsamic vinegar
PAM
Cooking spices –
oregano, basil, cumin, curry, rosemary, garlic, cayenne, red pepper flakes etc.
Extracts –
peppermint, vanilla, etc.
Cinnamon
Cocoa powder

Belly Busters

Condiments with HFCS –
Heinz Original
Mayonnaise

Miracle whip

BBQ sauce
Salad dressing
Soy sauce
Soup mix