



Gym Blue Grocery Guide

Shop Smart. Stay Ready.

Fuel starts in your cart. A strong week in the gym begins with smart choices at the store. This quick guide helps you grab everything you need to stay consistent no guesswork, no excuses.

WHY IT MATTERS

Preparation beats motivation every time.

When your kitchen's stocked with clean, high-protein options, you'll hit your goals faster and avoid last-minute junk food decisions.

Goal: Build your cart around protein, quality carbs, and healthy fats every meal, every day.

PROTEIN POWER PICKS

High-protein foods keep you full, repair muscle, and drive results.

Grab these every trip:

- Chicken breast or thighs
- Ground turkey or lean beef (93%+)
- Salmon, tilapia, or tuna packets
- Eggs & egg whites
- Greek yogurt (plain or light)
- Cottage cheese
- Protein bars (15g+ protein, <10g sugar)
- Protein powder (Phormula-1, Level-1)
- Deli turkey or chicken (low sodium)

Gym Blue Pro Tip:

Buy proteins in bulk, pre-portion, and freeze saves money and keeps you consistent.

CLEAN CARB SOURCES

Fuel your lifts and recovery the right way energy without the crash.

Smart carb staples:

- Rice (white, brown, or jasmine)
- Oats
- Potatoes or sweet potatoes
- Whole grain or protein pasta

- Rice cakes
- Whole grain wraps or bread
- Fruit (bananas, apples, berries)
- Vegetables (fresh or frozen — both are solid)

💡 Pro Tip: Keep a few carb options ready to eat like microwavable rice cups or instant oats for fast pre- or post-workout fuel.

🥑 HEALTHY FATS

Essential for hormone health, brain function, and recovery.

Add these to your cart:

- Avocados
- Olive oil or avocado oil
- Almonds, cashews, or mixed nuts
- Natural peanut or almond butter
- Seeds (chia, flax, pumpkin)
- Whole eggs (Why we sell eggs in the gym!)
- Fatty fish (salmon, sardines)

🥪 SMART SNACKS

Busy days don't mean bad choices. Keep these handy for work, class, or travel.

- Beef jerky
- Protein bars
- Trail mix (watch sugar)
- Rice cakes + nut butter
- Greek yogurt cups
- String cheese
- Fruit + nuts combo packs
- Level-1

💡 Gym Blue Tip:

Make a "Snack Box" in your pantry or car so you never hit a drive-thru hungry.

🧊 QUICK-FIX FREEZER OPTIONS

Perfect for nights when cooking isn't happening.

- Frozen grilled chicken or turkey burgers
- Steamable rice or veggies
- Frozen fruit for smoothies
- Protein waffles
- Shrimp or salmon fillets

GYM BLUE QUICK RECIPES

Fast, high-protein meals anyone can make no chef hat required.

Protein Oat Bowl (5 min)

Perfect for: Breakfast or post-workout

You'll need:

- ½ cup oats
- 1 scoop Level-1 or Phormula-1
- ½ banana or handful of berries
- 1 tbsp almond butter

How to:

Cook oats, stir in protein powder, top with fruit and nut butter. Balanced macros, simple cleanup.

High-Protein Power Bowl (10 min)

Perfect for: Lunch or meal prep

You'll need:

- 1 cup cooked rice or quinoa
- 4–6 oz grilled chicken or turkey
- Mixed veggies
- 1 tbsp olive oil or avocado slices

How to:

Layer rice, protein, and veggies. Drizzle oil or light dressing. Meal prep four bowls for the week.

Muscle-Build Tacos (15 min)


Perfect for: Dinner

You'll need:

- 93% lean ground beef or turkey
- Taco seasoning (low sodium)
- Whole grain or protein wraps
- Lettuce, salsa, Greek yogurt (swap for sour cream)

How to:

Brown meat, season, assemble. High protein, simple ingredients, no excuses.

 Recovery Smoothie (3 min)

Perfect for: Post-workout

You'll need:





- 1 scoop Phormula-1 (or Level-1)
- 1/2 banana
- 1/2 cup frozen berries
- 1 cup almond milk or water
- Ice

How to:

Blend and go. Fast-digesting protein + carbs = faster recovery.

 GYM BLUE PRO TIP

Pro Checklist Before Checkout:

-  Protein source for every meal
-  Carbs that fuel your goals
-  Healthy fats to support recovery
-  Snacks that fit your plan

Stay Fueled. Stay Consistent.

 Gym Blue