

# *Jen Rizzuto Fitness*

*Personal Training for All Y'all*

## **PROTEIN SHOPPING GUIDE**

Tired of grilled chicken for the 17th night in a row? Yeah, me too. Here are a few lean protein ideas to spice up your grocery cart. As always, be sure to speak with your health care professional before changing your dietary routine!

### ***Animal-based***

- Beef
- Bison
- Buffalo
- Lean cuts of pork
- Lean cuts of boar
- Lamb
- Goat
- Wild game (elk, venison, caribou, moose)
- Poultry (chicken, turkey, duck, pigeon)
- Fish
- Seafood (shrimp, squid, octopus, lobster, crayfish)
- Mollusks (clams, mussels, scallops, escargots)
- Eggs and eggwhites
- Dairy (cottage cheese, strained greek yogurt)
- Rodents (rabbit, squirrel, guinea pig)
- Horse
- Reptiles and amphibians (snake, alligator, frog)
- Insects
- Cuts of whale
- Cuts of seal

### ***Plant-based***

- Beans
- Lentils
- Legumes
- Tempeh
- Tofu
- Edamame
- Seitan

### ***Supplements***

- Powders (whey, casein, egg, bone broth, collagen)
- Plant-based blends (pea protein, rice protein, hemp protein)

Source: Precision Nutrition  
([www.precisionnutrition.com](http://www.precisionnutrition.com))