



Fridge Like Filly

S H O P P I N G G U I D E

Refer to this simple guide the next time you're food shopping to stock up on high quality ingredients you can always have handy.

- Prioritize Protein
- Eat ingredients – chicken, peppers, rice, potatoes, etc.
- Minimize processed foods with long lists of ingredients
- When you do buy processed foods, read the labels and choose options with fewer ingredients and higher quality oils or fats:

I choose more of these:

- avocado oil
- olive oil
- coconut oil
- beef tallow
- ghee
- raw butter
- duck fat

And I try to avoid these:

- safflower oil
- sunflower oil
- canola oil
- vegetable oil
- grapeseed oil
- soybean oil

M E A T

Assortment of the highest quality (grass fed, organic, local or humanely raised) you can afford and like to eat; I rotate proteins regularly to get different amino acid profiles. To save, buy in bulk when you can.

- Ground beef (always have some in the freezer and some in the fridge ready to cook)
- Ground bison
- Fish
- Frozen shrimp
- Chicken
- Pork
- Lamb
- Organ meats
- Cuts for stovetop or slow cooking
- Beef bones for broth or marrow

D A I R Y

I digest raw milk better and make my own kefir, but you can also purchase dairy products like kefir and yogurt that have lots of probiotics. Just watch out for added unnecessary ingredients, and buy the highest quality you can afford.

- Kefir
- Raw Milk
- Organic greek yogurt
- Cottage cheese
- Raw butter
- Organic eggs
- Selection of raw organic cheeses



S E A S O N A L F R E S H F R U I T & V E G G I E S

Selection of organic and/or local (or home picked) veggies and fruits you enjoy – I also have avocados on hand as a terrific fat (and flavor) source.

CONDIMENTS AND SAUCES

- Mustard
- Tamari
- Oil (avocado, olive, coconut)
- Honey
- Pickled onions*
- Salsa*
- Ketchup*
- Almond butter
- Jam
- Marinara
- Tomato paste
- BBQ Sauce*

* I make my own versions of these – see below



PANTRY STAPLES

- Popcorn
- Canned Tuna
- Canned Sardines
- Vinegar for pickling
- Lemon juice
- Olives
- Pickles
- Flour (i use Bob's Red Mill 1:1 Gluten Free)
- Pasta
- Rice
- LMNT electrolytes
- Snacks for the kids – see below

MAKE YOUR OWN

If you're low on time and inclination to cook, you can certainly buy quality versions of these items. But I love cooking and connecting with my food – plus I can easily control the quality and taste when I make my own. Here's what I typically have on hand that I make batches of regularly:

- Sourdough starter – for bread or crackers
- Beef bone broth – I often start my day with this
- Fermented salsa
- Pickled onions
- Fermented ketchup
- Super butter

[Subscribe to my YouTube channel](#) for recipe videos on how to make some of these.

SNACKS FOR KIDS

Typical snacks for kids at the grocery store are a minefield of deceptive advertising and not so healthy ingredient lists. So here's what I keep on hand to feed mine:

- Cut up fruits and veggies
- String cheese or Baby Bell
- Pork rinds
- Seaweed, preferably roasted in a quality oil
- Almond butter & jam sandwiches (choose quality ingredients)
- Fresh fruit "ice cream" – mashed frozen fruit; can also mix with yogurt and freeze into popsicles
- Salami
- Bacon
- Grass fed hot dogs
- Apple sauce pouches (check ingredients)
- Pasta with marinara and cheese
- Pretzels
- Rice cakes
- Dried mango (no sugar added)
- Cheerios – yes, we have them too



MORE RESOURCES

Follow me on [Instagram](#) and [TikTok](#) to see what I regularly eat

Listen to the [Look Good Move Well Podcast](#) for short episodes on training, nutrition, and lifestyle

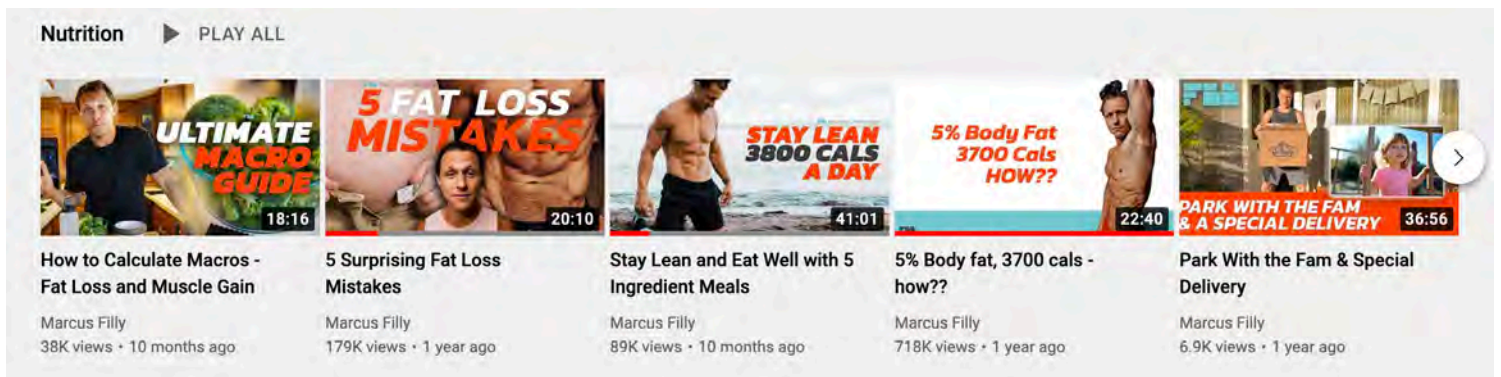
Check out my [Nutrition playlist on YouTube](#) for meal prep, nutrition takes, and more

Use the [free FBB Macro Calculator](#) if you're looking for your numbers

[Join Persist](#) to learn sustainable nutrition habits in 30 days to look good and move well – as part of a complete training program. Try the entire program free for 2 weeks!

[Work with a coach](#) one on one to tackle your personal training and nutrition goals.

Questions? Reach out to us at functional-bodybuilding.com!



Nutrition ▶ PLAY ALL

Video Title	Duration	Views	Time Ago
How to Calculate Macros - Fat Loss and Muscle Gain	18:16	38K views	10 months ago
5 Surprising Fat Loss Mistakes	20:10	179K views	1 year ago
Stay Lean and Eat Well with 5 Ingredient Meals	41:01	89K views	10 months ago
5% Body fat, 3700 cals - how??	22:40	718K views	1 year ago
Park With the Fam & Special Delivery	36:56	6.9K views	1 year ago