



## ***5 Ingredient Meals***

### **S H O P P I N G   P L A N N E R**

Refer to these simple ideas to make shopping for 5 ingredient meals a snap, and use the included worksheet to make your own.

- 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.
- Seasonings don't count – but watch labels if you add more than salt, pepper, or spices.

#### **5 Ingredient Meals:**

- protein
- produce (fruit or veggie)
- fat
- starch or carb
- double up on 1 of the above  
(or keep it to 4)

## PROTEIN

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 (my kids love bacon and salami)
- Eggs
- Greek yogurt
- Cheese

## FRUIT

- Frozen berries
- Bananas
- Apples
- Peaches
- Pears



## FRESH VEGGIES

As with fruit, seasonal and local tend to have the most flavor, too.

- Carrots
- Zucchini
- Pickles or Cucumbers
- Mushrooms
- Chard
- Spaghetti Squash

## FATS

- Grass fed butter
- Almond butter
- Beef tallow
- Avocados

### I avoid these fat sources:

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

## **S T A R C H E S / C A R B S**

- Potatoes
- Sweet Potatoes
- Rice Cakes
- Gluten-free pasta

## **P A N T R Y P R O T E I N**

- Canned Tuna
- Canned Sardines
- Whey protein
- Greek Yogurt
- Cold cuts/deli meat slices
- Zero sugar beef jerky

## **L O W C A L O R I E F L A V O R**

- Yellow mustard
- Dijon mustard
- Vinegars
- Salt and pepper
- Tamari or soy sauce
- Filly BBQ Sauce (1 c. yellow mustard, 1/2 c. Apple Cider Vinegar, 1tsp each of black pepper, smoked paprika, and maple syrup)

[Subscribe to my YouTube channel](#) for condiment recipe videos.

# 5 I N G R E D I E N T M E A L W O R K S H E E T

## P R O T E I N

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## P A N T R Y

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## S T A R C H

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## 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

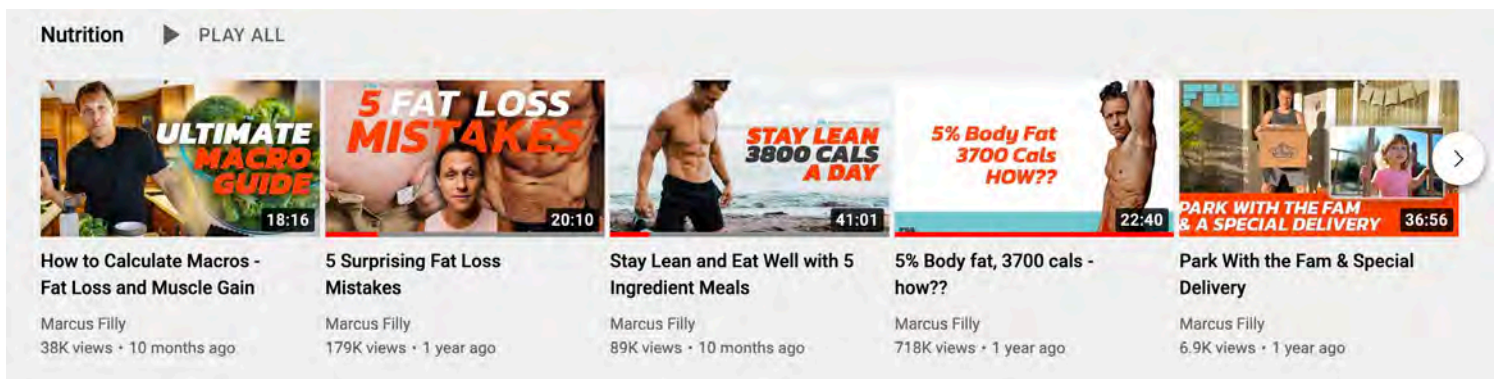
Use the [free FBB Macro Calculator](#) if you're looking for your numbers

[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](http://functional-bodybuilding.com)!

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5% Body fat, 3700 cals - how??	22:40	718K	1 year ago
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