

CrossFit Shopping List

"Good Foods" - Low Glycemic

Water	Tofu	Tuna Steak
Oatmeal	Tomato	Tomato Sauce
Eggs	Lettuce	Spinach
Protein Powder	Onion	Carrots
Peanut Butter	Mushroom	Orange
Tahini	Cucumber	Pear
Olives	Blueberries	Pineapple
Beef	Milk	Brussel Sprouts
Cheese	Broccoli	Eggplant
Salsa	Zucchini	Sauerkraut
Black Beans	Apple	Hot Dogs
Kidney Beans	Grape	Chick Peas
Ground Turkey	Plum	Lamb
Soy Sausage	Shrimp	Pork
Chicken	Mayonnaise	Dill Pickles
Turkey Sausage	Plain Yogurt	Soy Beans
Salmon	Deli Meat	Asparagus
Turkey	Ham	Cantaloupe
Canned Tuna	Soy Milk	Strawberry
Canned Chicken	Spirulina	Peach
Soy Burgers	Tempeh	
Cottage Cheese	Egg Substitute	
Almonds	Oil	
Macadamia Nuts	Peanuts	
Avocado	Swordfish	

"Bad Foods" - High Glycemic

Acorn Squash	Raisins	Rolls
Baked Beans	Fruit Juice	Taco Shell
Beets	Vegetable Juice	Tortillas
Black Eyed Peas	Bagel	Udon Noodles
Butternut Squash	Biscuit	Waffle
Cooked Carrots	Bread Crumbs	BBQ Sauce
Corn	Bread	Ketchup
French Fries	Steak Sauce	Cocktail Sauce
Hubbard Squash	Bulgar	Honey
Lima Beans	Sweet Relish	Jelly
Parsnips	Cereal	Sugar
Peas	Cornstarch	Maple Syrup
Pinto Beans	Croissant	Teriyaki Sauce
Potato	Crouton	Chocolate
Refried Beans	Doughnut	Corn Chips
Sweet Potato	English Muffin	Ice Cream
Turnip	Granola	Potato Chips
Banana	Grits	Pretzels
Cranberries	Melba Toast	Saltine Crackers
Dates	Muffin	Molasses
Figs	Noodles	
Guava	Instant Oatmeal	
Mango	Pancakes	
Papaya	Popcorn	
Prunes	Rice	