**Clemson Shopping List**

**Berardi’s First Law**

If a food is in your possession or located in your residence, you *will* eventually eat it.

**Corollary to Berardi's First Law**

If you wish to perform at the highest levels, you *must* remove all foods not conducive to those goals from said residence and replace them with a variety of better, high performance choices.

**Proteins**

- Boneless, Skinless Chicken Breast
- Tuna (fresh and/or water packed)
- Fish (salmon, seabass, halibut)
- Shrimp (if it’s your bag)
- Protein Powders (whey, casein, etc.)
- Ground turkey, Turkey Breast Slices or cutlets
- Dry beans and peas
- Lean beef (ideally grass-fed and organic)
- Tofu (use sparingly)
- Venison
- Buffalo
- Beef jerky (avoid kinds with added sugar, MSG or “smoke flavor”)

**“Complex” Carbohydrates**

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Oat Bran Cereal (at least 5 grams of fiber per serving)
- Brown Rice
- Farina (Cream of Wheat)
- Quinoa
- Multigrain Hot Cereal (at least 5 grams of fiber per serving)
- Whole grain cereals (at least 5 grams of fiber per serving)
- Whole wheat Pasta
- Red potatoes
- Sandwich breads, bagels, pita bread, English muffins (at least 5 grams of fiber per serving)
- Whole wheat tortillas
Fibrous Carbohydrates (frozen is acceptable)

- Green Leafy Lettuce (Green Leaf, Red Leaf, Romaine, Spinach)
- Broccoli
- Asparagus
- String Beans
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery

Other Produce & Fruits (Fresh and or Frozen)

- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- Fruit (if acceptable on diet): bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
- Lemons or Limes
- Fresh juices (NO ADDED SUGARS – NO JUICE CONCENTRATES)
- Tomato and V-8 juices (NO ADDED SUGARS – NO HFCS - NO HYDROGENATED OILS)

Healthy Fats

- Natural Style Peanut Butter (NO HYDROGENATED OILS – NO HFCS)
- Extra Virgin Olive Oil, Safflower Oil, Canola Oil (Canola is good for cooking)
- Nuts (peanuts, almonds)
- Flaxseed and Flaxseed Oil
- Avocados
- Fish oil supplements
- Dark chocolate

Dairy & Eggs

- Low-fat cottage cheese
- Omega-3 free range eggs
- Low or Non-Fat Milk
- Non-fat yogurts (NO ADDED SUGARS – for flavor, add protein powder and frozen fruits)
- Low-fat cheeses (cream, cheddar, mozzarella, pepper jack, feta)
Drinks

- Water (use a Britta filter if possible or buy those $1.09 massive jugs of purified water from grocery stores)
- Gatorade, Accelerade (to be used only before, during, or immediately after training)
- Green Tea
- Coffee
- Low fat chocolate milk (NO HFCS – and to be used only before, during, or immediately after training)
- Crystal Light (only if necessary to keep up hydration)

Condiments & Supplements

- Fat Free Mayonnaise
- Reduced Sodium Soy Sauce
- Reduced Sodium Teriyaki Sauce
- Crushed garlic
- Balsamic Vinegar
- Chili powder
- Steak Sauce
- Pure Maple Syrup
- Chili Paste
- Mustard
- Extracts (vanilla, almond, etc)
- Low Sodium beef or chicken broth
- Plain or reduced sodium tomatoes sauce, puree, paste
- Salsa (mild, medium and/or hot)
- Spices (garlic and basil in olive oil, oregano, black pepper, Italian seasoning, thyme, cumin)
- Wasabi
- Trail mix with nuts, raisins, and dark chocolate (you can make this as well)
- Protein powders
- Weight gain shakes if necessary
- Multi-vitamin/mineral
- Fish oil pills/oils
- Vitamin D3
- Greens To Go or other Greens supplement
- Probiotics
- Digestive Enzymes
- ZMA (pre-bed supplement)
- Caffeinated gum ("Stay Alert")
Miscellaneous

- Protein shaker bottles (at least six)
- Pill boxes to carry multis/fish oils
- Tupperware for storing/carrying yogurt, etc.
- Ziploc bags for trail mix, etc.
- Hand sanitizer (use after every workout/training/rugby session)
- Ear plugs (if necessary to get good sleep)

What ISN’T on this list:

- Soft drinks (diet or non-diet)
- Fruit juices with “added sugars” or apple juice or other juice concentrates
- Anything with hydrogenated or partially hydrogenated vegetable oils (margarines, bad peanut butters, etc.)
- Anything with high fructose corn syrup
- Packaged foods
- White sugar, bread, pasta, potatoes, cereals
- Artificial colorings
- “Deli” meats
- Any food with an ingredient list with more than 15 ingredients with many preservatives
- NOXplode or other exotic workout supplements (effect is mainly just from caffeine, which you can use more safely, and may contain banned substances)