

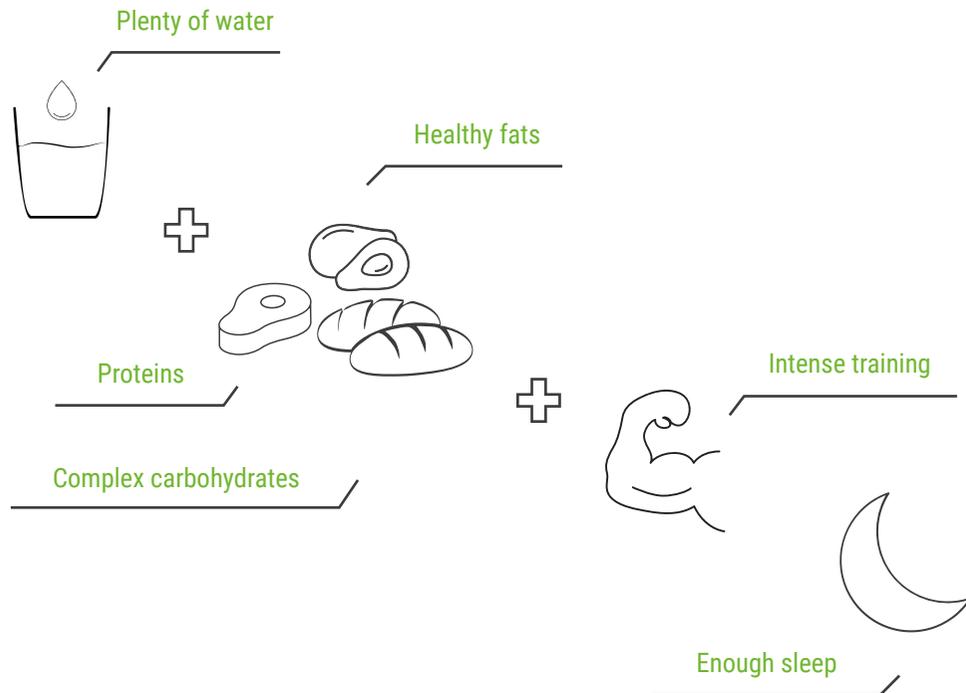
# SHOPPING LIST FOR MUSCLE BUILDING

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The best foods for building muscle mass



The right choice of foods will allow you to cover all the macro and micro nutrients you need to build muscle mass in your meals. We offer a detailed shopping list to help you find the right foods for your physical objective of building muscle. We will introduce you to a number of different foods for protein, carbohydrates and fats And offer insights into the wide range of beneficial fruits and vegetables to use in your kitchen. A list with recommended drinks for building muscle rounds off our list of food and drink for you.



## Proteins – the muscle building blocks

Your muscles need protein in the form of amino acids to repair muscle fibres and build new ones. That's why we recommend a balanced mix of plant and animal proteins. These proteins should have a high biological value and be very low in fat.



### Red meats (rich in amino acids and creatine)

- Bison meat
- Horsemeat
- Fillet of beef
- Pork fillet/pork loin
- Lamb chop
- Rabbit
- Veal fillet
- Calf's liver
- Venison
- Lamb fillet
- Cooked ham
- Minced meat



### Shellfish

- Crayfish
- Shrimps
- Lobster
- Squid
- Prawns
- Mussels
- Oysters
- Scallops



## Fish (rich in essential fatty acids, omega 3 and 6)

- Tuna
- Sea bream
- Hake
- Swordfish
- Trout
- Mackerel
- Sole
- Turbot
- Herring
- Salmon
- Zander
- Plaice



## Sources of protein for vegetarians and vegans

- Soybeans
- Spelt
- Pecans
- Peanuts
- Walnuts
- Peas
- Pine nuts
- Amaranth
- Wholemeal pasta
- Lentils
- Tofu
- White beans
- Oatmeal
- Millet
- Potatoes
- Quinoa
- Wheat



## Eggs & dairy products

- Eggs
- Greek yoghurt
- Goat's cheese
- Milk (cow's milk, almond milk, soya milk, goat's milk)
- Low-fat quark
- Emmental
- Yoghurt
- Parmesan
- Mozzarella
- Harz cheese
- Cottage cheese
- Mountain cheese
- Gouda

## Fats – for hormonal balance

We often neglect healthy fats in our diets. The myth that fat makes you fat has long been put to rest. A sufficient supply of fatty acids, especially polyunsaturated ones, is very important for our body's performance. Good fat sources can be found in plants and in animals.



## Poultry (lean meat)

- Turkey breast
- Duck breast
- Minced meat
- Chicken breast
- Goose



## Monounsaturated fatty acids

- Peanut oil
- Hazelnuts
- Natural almond/peanut butter
- Olive oil
- Almonds
- Rapeseed oil
- Peanuts
- Mustard oil
- Walnuts



## Polyunsaturated fatty acids

- Walnut oil
- Coconut oil
- Sunflower oil
- Safflower oil
- Wheat germ oil
- Flax oil
- Flax seed
- Hemp seeds
- Chia seeds
- Avocados
- Fatty fish (mackerel, salmon, herring, halibut, etc.)

## Cover your micro nutrients

Aside from the important macro nutrients (proteins, carbohydrates and fats), you also have to supply your body with vital micro nutrients (vitamins, minerals, trace elements and antioxidants for effective muscle building processes. A sufficient supply of these micro nutrients ensures optimal nutrient transport, strengthens your immune system and keeps you mentally at your peak!

## Carbohydrates – fuel for your workout

You should primarily use complex, ideally low-glycaemic foods as a source of carbohydrates. These have the advantage of not causing your blood sugar levels to sky-rocket. They also contain fibre to help you feel fuller for longer, as well as plenty of micro nutrients (vitamins, minerals, trace elements).



## Vegetables

- Orange vegetables (e.g. sweet potatoes, pumpkin, carrots)
- Dark green vegetables (e.g. broccoli, lettuce, kale, spinach)
- Beans, peas (e.g. kidney beans, black beans, split peas)
- Starchy vegetables (corn, potatoes, green peas)
- Other vegetables (asparagus, turnip, cauliflower, aubergine, onion, tomato, celery, cabbage, cucumber...)



## Complex carbohydrates

- Oatmeal
- Wholemeal pasta
- Potatoes
- Sweet potatoes
- Rice (whole grain rice, brown rice, basmati rice)
- Wholegrain bread
- Beans, lentils and peas
- Quinoa



## Fruit

- Dried fruit (raisins, dates)
- Grapes
- Apple
- Banana
- Mango
- Pineapple
- Papaya
- Plumbs
- Apricots
- Figs
- Kiwis
- Berries
- Melon



## The perfect protein shake

We have explained the role that protein, carbohydrates and fat play in the recommended diet for building muscle. However, dietary supplements can also help optimise muscle building processes.

### Post-workout shake for beginners

(Less than 1 year of training experience)

- 30 g Whey Protein
- 1 g carbohydrates with high bio-availability per kilogram of body weight (e.g. fresh fruit juices (blackcurrant, apple), maltodextrin, rice cakes)

### Post-workout shake for advanced athletes

(More than 1 year of training experience)

- 30 g whey protein + 1 g carbohydrates with high bio-availability per kilogram of body weight (see above)
- 5 g L-glutamine (to support regeneration during frequent exercise)
- 5 g BCAAs (for muscle protection and to combat catabolism during long periods of physical exertion)
- 5 g creatine monohydrate (for more energy at maximum strength and additional muscle mass gain)



## Optimised nutrient transport by way of balanced hydration

Balanced hydration is extremely important for your physical performance! Your muscles consist of about 70% water, which means that a permanent supply of fluids to the muscle cells is very important to ensure optimised growth. Stay away from sugary sodas and alcohol in large quantities. Suitable drinks include:

### Water

- Diluted fruit juices in the ratio 2:1 or 3:1 (water/fruit juice)
- Green smoothies, fruit smoothies, etc.
- Green tea
- Coffee



## WHEY PROTEIN

- ✓ Premium whey protein from grazing cows
- ✓ No hormones, no antibiotics
- ✓ Made in Germany

<https://www.foodspring.de/whey-protein>