



THE ALASKA CLUB



# Healthy Grocery Checklist





## WHY A CHECKLIST?

Shopping with a healthy grocery list helps you get in and out of the store quickly while keeping your purchases on a healthy track.

Use this list as a resource when you shop to help you decide which whole and nutritious foods you will stock up on. Mix and match from the different categories to prepare meals that will satisfy your hunger and help you create the rich and healthy life you deserve.

## LEAN PROTEINS

### Lean Ground Beef

What a versatile ingredient! Tacos. Breakfast scramble. Burgers. Meatballs. Chili.

#### Tip

Avoid cream based sauces and barbecue marinades when cooking healthy meals. Instead opt for herbaceous spice rubs and low-sugar options for added flavor instead.

### BEEF

- ☐ Lean ground beef (10% fat or less)
- ☐ Beef tenderloin
- ☐ Top round steak
- ☐ Eye of round steak
- ☐ Bottom round steak
- ☐ Top sirloin

### PORK

- ☐ Lean ground pork
- ☐ Pork tenderloin
- ☐ Pork loin

### POULTRY

- ☐ Ground turkey breast
- ☐ Turkey breast

- ☐ Ground chicken breast

- ☐ Chicken breast

### FISH

- ☐ Salmon
- ☐ Halibut
- ☐ Mahi mahi
- ☐ Shrimp

### VEGETARIAN

- ☐ Tofu
- ☐ Tempeh
- ☐ Split peas
- ☐ Lentils
- ☐ Chickpeas
- ☐ Edamame
- ☐ Legumes (Kidney Beans, White Beans, Black Beans, etc.)



## EGGS & DAIRY

### (ALSO GOOD POTENTIAL SOURCES OF PROTEIN)

- ☐ Eggs
- ☐ Low-fat cottage cheese
- ☐ Low fat greek yogurt
- ☐ Kefir

#### Low-fat cottage cheese

Add fruit to this high protein treat and you've got a delicious pre-workout snack perfect for powering you through a demanding sweat session.



## FRUITS

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Banana       | <input type="checkbox"/> Apricots     |
| <input type="checkbox"/> Melons       | <input type="checkbox"/> Papaya       |
| <input type="checkbox"/> Kiwi Fruit   | <input type="checkbox"/> Passionfruit |
| <input type="checkbox"/> Berries      | <input type="checkbox"/> Apples       |
| <input type="checkbox"/> Citrus fruit | <input type="checkbox"/> Pomegranate  |
| <input type="checkbox"/> Plums        | <input type="checkbox"/> Pears        |
| <input type="checkbox"/> Grapes       | <input type="checkbox"/> Mango        |
| <input type="checkbox"/> Grapefruit   |                                       |

#### Best fruits for weight loss

Berries, cherries, apricots, peaches, apples, oranges, pears, and kiwi are among the fruits lowest on the glycemic impact. Enjoy these if you are limiting carbs or trying to watch your weight.

#### Tip

Mix frozen blueberries into your rolled oats (a.k.a. oatmeal) in the morning to cool it down quickly, and give it a naturally sweet (and totally clean) flavor boost.

## VEGETABLES

### Best veggies for weight loss

If you are watching your weight, stick to green veggies that are leafy and dark. Stock up on zucchini, green beans, asparagus, brussel sprouts, broccoli, spinach, kale, and artichoke.



- ☐ Asparagus
- ☐ Sugar snap peas
- ☐ Cucumber
- ☐ Green beans
- ☐ Artichoke
- ☐ Onion
- ☐ Lettuce
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Zucchini
- ☐ Mushrooms
- ☐ Kale
- ☐ Spinach
- ☐ Radishes
- ☐ Tomatoes
- ☐ Eggplant
- ☐ Celery
- ☐ Daikon
- ☐ Bell Peppers
- ☐ Brussel Sprouts

## STARCHY CARBS



### Simple Swap

Replace processed flour tortillas with corn tortillas for a healthier alternative.

- |                                         |                                            |
|-----------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Rolled Oats    | <input type="checkbox"/> Bulgur            |
| <input type="checkbox"/> Brown Rice     | <input type="checkbox"/> Millet            |
| <input type="checkbox"/> Quinoa         | <input type="checkbox"/> Wheat Germ        |
| <input type="checkbox"/> Amaranth       | <input type="checkbox"/> Whole Grain Pasta |
| <input type="checkbox"/> Corn           | <input type="checkbox"/> Carrots           |
| <input type="checkbox"/> Corn tortillas | <input type="checkbox"/> Sweet potatoes    |
| <input type="checkbox"/> Buckwheat      | <input type="checkbox"/> Red potatoes      |

### Rolled Oats: Not Just For Oatmeal

Rolled oats are a great staple to have on hand in mass quantities. Aside from being a wonderfully clean breakfast go-to, rolled oats can play an important supporting role in other kitchen favorites:

- Pulse the oats in a blender to make a wheat-free recipes
- Use with an egg to help bind hamburger patties
- Add to your favorite protein powder as a pre-workout energy shake
- Make your own energy bars and granola



## HEALTHY FAT



- ☐ Avocado
- ☐ Oils (coconut oil, olive oil, safflower oil, flax oil, grapeseed oil)
- ☐ Nuts (almonds, pistachios, cashews, walnuts)
- ☐ Nut butters (almond butter, peanut butter, cashew butter)
- ☐ Seeds (chia seeds, sunflower seeds, flax seeds)



## ABOUT THE ALASKA CLUB

The Alaska Club has a statewide network of 14 unique clubs throughout Anchorage, Eagle River, Palmer, Wasilla, Fairbanks and Juneau. We offer a wide variety of group fitness classes, personal training, amenities, state-of-the-art equipment, adult-only facilities, family locker rooms, pools, gymnasiums and more! We aim to provide something for everyone, so that our members may find ease in staying motivated and engaged in their health regimens. We are the best choice for Alaskans who want variety, convenience and a comfortable, welcoming environment along their fitness journey. We cater to families and individuals who are dedicated to making fitness a part of their lives; and for 30 years we have been dedicated to showing them The Way Fitness Should Be....

The Alaska Club also offers a variety of spa amenities such as massage, hydromassage, hydrafacials, UV & spray tanning and more! Our Good Life and Membership Plus members get to enjoy many of these services for Free or at a discounted rate, as well as child care, pro shop merchandise, Blu Ray/DVD rentals, and the list goes on!

For information on group fitness, youth fitness, personal training, swimming, events and program registration or to talk to a Fitness consultant, visit any one of our convenient locations or contact us at:

- Anchorage: (907) 365-7384
- Mat-Su Valley: (907) 864-7142
- Fairbanks: (907) 458-1790
- Juneau: (907) 364-4398
- [thealaskaclub.com](http://thealaskaclub.com)



## FIND A CLUB NEAR YOU

### **Anchorage Downtown**

701 West 8th Ave., Suite 100  
Anchorage, AK 99501  
(907) 274-4232

### **Anchorage East**

5201 E. Tudor Road  
Anchorage, AK 99507  
(907) 337-9550

### **Anchorage South**

10931 O'Malley Centre Dr.  
Anchorage, AK 99515  
(907) 344-6567

### **The Summit**

11001 O'Malley Centre Drive, Suite 103  
Anchorage, AK 99515  
(907) 365-7300

### **Anchorage West**

1400 W. Northern Lights Blvd.  
Anchorage, AK 99503  
(907) 264-2720

### **Club For Women**

1450 W. Northern Lights Blvd  
Anchorage, AK 99503  
(907) 264-2700

### **Eagle River**

12001 Business Blvd.  
Eagle River, AK 99577  
(907) 694-6677

### **Express Jewel Lake**

3841 West Dimond Blvd  
Anchorage, AK 99502  
(907) 245-2223

### **Fairbanks South**

747 Old Richardson Highway  
Fairbanks, AK 99701  
(907) 452-6801

### **Fairbanks West**

575 Riverstone Way, Unit #3  
Fairbanks, AK 99701  
(907) 452-3777

### **Juneau Downtown**

641 West Willoughby Ave., Suite #210  
Juneau, AK 99801  
(907) 586-5773

### **Juneau Valley**

2841 Riverside Drive  
Juneau, AK 99801  
(907) 789-2181

### **Palmer**

12051 E Palmer-Wasilla Hwy

Palmer, AK 99645  
(907) 746-3305

### **Wasilla**

1720 East Parks Highway  
Wasilla, AK 99654  
(907) 376-3300





## THE ALASKA CLUB

Anchorage West  
1400 W. Northern Lights Blvd.  
Anchorage, AK 99503

(907) 274-4232  
[thealaskaclub.com](http://thealaskaclub.com)

