

THE E-FACTOR DIET

GROCERY GUIDE



by John Rowley



GROCERY GUIDE



GROCERY GUIDE

By John Rowley



GROCERY GUIDE

Legal Stuff

© 2015 Rowley's Results Unlimited, Inc.
All Rights Reserved. International Copyright
www.JohnRowley.net

This publication is fully copyrighted and does not come with giveaway or resale rights. You may not sell or redistribute this report. It is reserved solely for paying customers of Rowley's Results Unlimited, Inc. Copyright and illegal distribution violations will be prosecuted. This document has been watermarked with a digital GPS identification tag.

NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.



GROCERY GUIDE

The E-Factor Diet Grocery Guide

Congratulations, you've gotten this far in the program! This means you are ready to be "all in." So, the next thing on your list is going grocery shopping *with a purpose*. What do I mean by "shopping with a purpose"? I mean that now, when you swing by the grocery store on your way home, you're not just randomly walking through aisles and throwing stuff in your cart because you're hungry and stuff "looks good."

You now know better than that.

You are now eating to fuel your body and to take back your health like you so richly deserve. This means your shopping mission has changed. No longer are you pushing your cart aimlessly around the store looking for "buy one, get one" deals on sugar-laden junk, you are purposely hunting for foods that are going to help your body, strengthen your immune system and build you up making you resilient and youthful. This is your new mission. You will find and purchase the freshest, most natural specimens of each and every type of food that you need, and, drumroll ... you will shop from a *list*.

Why the list? You know why ... *failing to plan is planning to fail*, and I don't see any failures out there! So, review the following list of amazing foods that will become your secret weapon in your journey to take back your health and become leaner, healthier, more youthful and vibrant.

Take the list with you. Shop from the list. Stick to the list. That is all.



GROCERY GUIDE

PROTEIN

- Chicken Breast
- Turkey Breast
- Seafood
- Eggs (Mostly Whites)
- Veal
- Lean Steak
- Buffalo/Bison
- Lamb
- Lean Game Meats Like Venison
- Lunch Meat (Fat Free Or Low Fat)
- Fat Free Cottage Cheese
- Greek Yogurt
- Cheese (Low Fat Or Fat Free)
- Turkey Bacon
- Protein Powder
- Lean Pork
- Lean Ground Beef
- Lean Ground Turkey



VEGETABLES

- Broccoli
- Lettuce
- Cabbage
- Cauliflower
- Green Beans
- Mushrooms
- Onions
- Asparagus
- Cucumber
- Spinach
- All Forms Of Peppers





GROCERY GUIDE

VEGETABLES (CONT)

Zucchini
Snow Peas
Celery
Pickles
Collard Greens
Radishes
Sauerkraut
Sprouts, Alfalfa

"CAUTIOUS" FRUITS

Apples
Apricots-dried fresh
Blueberries
Cantaloupe
Cherries
Grapefruit
Grapes
Kiwi
Mangoes
Oranges
Peaches
Pears
Plums
Strawberries
Figs
Dates
Prunes
Pineapple
Grapes

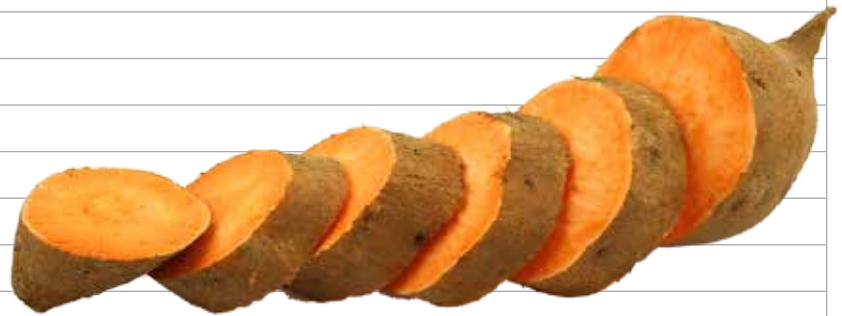




GROCERY GUIDE

"CAUTIOUS" CARBOHYDRATES

- Steamed Brown Rice
- Sweet Potatoes
- Yams
- Steel Cut or Irish Oatmeal
- Fiber One Cereal
- Kellogg's Extra-Fiber All Bran
- Ezekiel bread
- Whole grain pasta



FAT CHOICES

- Olive Oil
- Canola Oil
- Enova Oil
- Grape Seed Oil
- Safflower Oil
- Coconut Oil
- Avocado
- Guacamole
- Almonds
- Macadamia Nuts



CONDIMENTS

- Salad Dressing (<3 grams of sugar per serving)
- Mayonnaise (Low Fat) Olive Oil, Safflower Oil, etc
- Hot Sauce
- Salsa
- Soy Sauce
- Steak Sauce
- Worcestershire Sauce
- All Spices that contain no added sugar
- Broth



GROCERY GUIDE

CONDIMENTS (CONT)

Extracts (almond, vanilla, or others)

Horseradish Sauce

I Can't Believe It's Not Butter! Spray

Butter Buds

Lemon Juice

Lime Juice

Fat Free Sugar Free Pudding

Mustard

Ginger

Garlic

Pepper

