

## SwimStrong Dryland Grocery List

### Day-to-Day

Protein	Carbohydrates	Fats
Eggs & egg whites	Colorful veggies ( <i>leafy greens, asparagus, broccoli, peppers, beets, etc.</i> )	Extra virgin olive oil
Wild caught fish ( <i>salmon, tilapia, trout, swordfish</i> )	Beans & lentils ( <i>pinto, black, &amp; kidney beans; red, black, yellow &amp; brown lentils</i> )	Avocado, walnut, or coconut oil
Shellfish ( <i>oysters, shrimp, scallops, crab</i> )	Steel cut, rolled, & old-fashioned oats	Marinades & dressings with oils in this category
Chicken	Chocolate or regular milk	Avocado
Turkey	Buckwheat, quinoa	Cheese
Lean beef	Fruit juices ( <i>pomegranate, beetroot, blackcurrant, orange juice, etc.</i> )	Egg yolks
Bison	Whole-grain, black, & wild rice	Seeds ( <i>chia, flax, hemp, pumpkin, sesame</i> )
Lamb	Sorghum, millet, farro, barley	Cashews
Pork	Whole or sprouted grain bagels and english muffins	Pistachios
Greek & Icelandic yogurt ( <i>Siggi's, Wallaby, Chobani, etc.</i> )	Whole or sprouted grain breads and wraps	Almonds
Cultured cottage cheese	Sweet potatoes, white potatoes	Brazil nuts
Tempeh & tofu ( <i>for plant-based eaters</i> )	Chickpea/lentil/quinoa/brown rice pastas	Pecans
Lentils & beans ( <i>for plant-based eaters</i> )	Plain/low sugar non-Greek yogurt	Peanuts
Whole food protein bars ( <i>ProBar, Perfect Bar, RxBar, GoMacro, Epic, Rize, Kize, etc.</i> )	Plain/low sugar kefir ( <i>Lifeway, Maple Hill, Wallaby, Siggi's, etc.</i> )	Nut butters
Quality protein powder ( <i>Whey isolate, protein blend for plant-based eaters</i> )	Fresh & frozen fruit ( <i>bananas, mixed berries, apples, grapes, pears, mangoes, apricots, etc.</i> )	Olives
	Sports Drinks ( <i>Nuun, Ladder, Hoist, Skratch Labs, etc.</i> )	Fish oil supplement ( <i>Nordic Naturals, Thorne, Momentous</i> )
	Multi-vitamin/Greens powder ( <i>dotFIT, Garden of Life, Thorne, Gnarly</i> )	

**Pro tips:**

- Prioritize fresh, lean, minimally processed sources of protein
- Aim for about 1 gram of protein per pound of bodyweight
- Always consult with your doctor before starting any new supplement

- Focus on whole, minimally processed complex carbohydrates that pack lots of nutrition & fiber
- Look for children's/kids versions of multi-vitamins if under 12 years of age (check labels for differing age requirements)

- Get a mix of whole-food fats, blended whole foods, and pressed oils
- Limit partially hydrogenated & trans fats
- Limit fat intake as activity approaches (within 1-2 hours)

### Meet Days

Protein	Carbohydrates	Fats
Any listed above ( <i>except lentils &amp; beans - may cause discomfort on meet days</i> )	Colorful cooked and hydrating veggies ( <i>carrots, cucumbers, bell peppers, romaine, zucchini, etc.</i> )	Any listed above
Minimally processed meat jerky ( <i>Chomps, Epic, Primal, Country Archer</i> )	White/brown rice & rice cakes	Trail mix
Albacore white tuna in a can/pouch	White & sweet potatoes	Nuts, nut butters & seeds listed above
Pre-cooked chicken sausage	Lower-fat granola ( <i>Purely Elizabeth, Bear Naked, Kind, Nature's Path</i> )	Dark chocolate ( <i>75% and above if possible</i> )
Minimally processed lean deli meat ( <i>turkey, chicken</i> )	Instant or flavored oats	Cheese sticks/slices
EAA (essential amino acid) supplement	Fruit juices ( <i>no pulp orange juice, apple juice, lemonade</i> )	
	Fresh & frozen starchy and hydrating fruit ( <i>bananas, watermelon, grapes, cantaloupe, honeydew, etc.</i> )	
	Flavored yogurt, 0% milkfat	
	Flavored kefir, 0% milkfat ( <i>Lifeway, Maple Hill, Wallaby, Siggi's, etc.</i> )	
	Pita chips & pretzels	
	Oat based granola bars ( <i>Bobo's, Cascadian Farm, etc.</i> )	
	Energy bars with < 10g of fat within 1 hour of race ( <i>Larabar, Kind Bar, ProBar varieties, GoMacro, etc.</i> )	
	Canned, dried, & pureed unsweetened fruit	
	White/100% whole wheat bagels, breads, english muffins, pastas, and wraps	
	Energy chews/gels WITHOUT caffeine ( <i>ProBar BOLT, Honey Stinger, Skratch Labs, etc.</i> )	
	Sports drinks ( <i>Nuun Endurance, Ladder, Hoist, Skratch Labs, etc.</i> )	

**Pro tips:**

- Avoid spicy seasonings/new foods the night before and during a meet
- Avoid protein bars with > 10g fat within 1 hour of race
- Always consult with your doctor before starting any new supplement

- See content on SSDL website regarding meet day nutrition and nutrient timing
- Foods with simple carbs appropriate when time between races is less than 1.5 - 2 hours
- Look for nutrient dense, minimally processed options when possible - stick with foods you know on meet days!

- Limit fat, esp. within 1 hour of race or during back-to-back races
- Avoid partially hydrogenated & trans fat
- On meet days, focus on carbs first (your main fuel source), protein second, fats last



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