

Foods That Aid In Muscle Growth

Complex Carbohydrates	Fibrous Carbohydrates	Simple Carbohydrates	Protein	Essential Fatty Acids
Oatmeal	Broccoli	Grapefruit	Eggs	Flaxseed
Sweet Potatoes	Kale	Apples	Protein Powder	Almonds
Brown Rice	Asparagus	Blueberries	Chicken Breast	Olive Oil
Barley	Spinach	Cantaloupe	Salmon	Avocado
Multigrain	Salad Greens	Oranges	Turkey Breast	Walnuts
White Potatoes	Tomatoes	Bananas	Canned Tuna	Coconut Oil
Whole Wheat	Peppers	Peaches	Nuts	Salmon
Wheat Pasta	Onions	Grapes	Pumpkin Seeds	Peanuts
Beans	Cucumbers	Strawberries	Tofu	Wheat Germ Oil
Quinoa	Zucchini	Pineapple	Steak	Olives
Couscous	Carrots	Blackberries	Bison	Peanut Oil
Pumpkin	Green Beans	Plums	Codfish	Hemp Seed Oil
Squash	Peas	Pears	Greek Yogurt	Pecans
Fresh Beets	Cauliflower	Acai Berries	Rainbow Trout	Cashews

www.RonWilliamsChampion.com

