

optimal foods for bodybuilders

These foods prioritise the amino acids leucine, valine and isoleucine to maximise muscle growth and repair while also prioritising the harder to find nutrients (e.g. vitamin D, omega 3, choline, calcium, magnesium, potassium, thiamine & zinc). From a macronutrient perspective these foods are 64% protein, 22% fat, and 9% net carbohydrates.

vegetables

- spinach
- Chinese cabbage
- seaweed
- chard
- endive
- spirulina
- lettuce
- alfalfa
- asparagus
- chives
- beet greens
- mushroom
- okra
- mung beans
- snap beans
- coriander
- arugula
- peas
- zucchini
- cauliflower
- soybeans (sprouted)
- shiitake mushroom
- collards
- broccoli
- turnips
- sauerkraut
- pickles
- cucumber
- summer squash
- kale
- onions
- mustard greens
- radicchio
- cabbage
- yeast extract spread

spices

- basil
- dill seed

- thyme
- paprika
- cloves
- tarragon
- marjoram
- caraway seed
- sage

seafood

- crab
- lobster
- octopus
- cod
- halibut
- white fish
- salmon
- pollock
- crayfish
- rockfish
- fish roe
- haddock
- oysters
- flounder
- mussel
- clam
- whiting
- sturgeon
- perch
- shrimp
- starfish
- caviar
- trout
- anchovy
- scallop
- welk
- smelt
- sardine
- molluscs
- tuna
- orange roughy
- herring

offal

- kidney
- liver
- tripe
- heart
- lungs
- sweetbread

animal products

- pork chops
- chicken breast
- leg ham
- ground beef
- ground pork
- pork shoulder
- veal
- sirloin steak
- chuck steak
- chicken drumstick
- top round steak
- beef roast
- pastrami (fat free)
- pork (lean)
- lamb shank
- porterhouse steak (fat trimmed)
- lamb (lean)
- rib eye fillet
- bison
- veal loin
- roast pork
- roast beef
- pork loin
- pork ribs
- roast ham

dairy & egg

- cream cheese
- protein powder
- whole egg
- cottage cheese