



**5**

**MUSCLE BUILDING  
GROCERY  
HACKS**

**BY: AUSTIN DUNHAM**

**AD**  
**WORKOUT**

# Wasup guys...

Austin Dunham back again with some more helpful tips! This time we are talking about some muscle building grocery hacks that I use all the time! Here they go.....

## 1. GET CHEAP PROTEIN

The key here is to get adequate amount of protein without busting our wallets each and every month. As we all know, protein is a critical component to a muscle building diet. Some of my staple and cheap protein sources include: Eggs, Canned Tuna/Chicken, Beans, Tilapia, and Whey Protein.



## 2. BUY IN BULK

Even though at first it seems like you are spending more money. The truth is that you could actually be **SAVING** money in the long run. Next time you go shopping compare the single unit price to the bulk package price, and if this is a food item you eat every month see if it will save you money at all!

- Popular Bulk Shopping Stores: Sam's Club, Costco, BJ's.

## 3. DIVIDE YOUR GROCERY LIST

Before you go shopping divide your list into Macronutrients. Have a section of what you want to buy for Proteins, Carbs, Fats. For each section write down 2-3 of your main foods you would like to buy. If you don't know what macronutrients are or which ones to pick be sure to check out my **AD DIET program**.

## 4. DON'T SHOP HUNGRY

Now this one may be funny, but the truth is you never want to go grocery shopping hungry! Why? Well when you are hungry and shopping you tend to buy useless foods you don't need (that may actually hurt your gainz!). Whether it be those bags of chips or that candy bar at the checkout aisle. Feel full or at least satisfied before you hit up the store.



## 5. LIQUID CALORIES

As discussed in my **AD DIET** video program, buying and consuming liquid calories can lead to unnecessary calorie intake over time. Instead of buying liquid calories (juices, teas, sodas). Try an opt for low calorie/ no calorie options such as sport drink variations, flavored water, and other no calorie flavored drinks. They're usually grouped in one aisle so it shouldn't be hard to find!

Alright! Those were my top 5 muscle building grocery hacks. Follow and apply these tips every time you go shopping and I promise more GAINZ will be in your future. For more information on dieting, diet structure/programming, and detailed nutrition information be sure to check out my video course called the **AD DIET**. I'll see you guys soon, peace!

## **ABOUT**

Hey! My name is Austin Dunham and I'm one of Youtube's leading calisthenics and fitness experts with over 300,000 followers worldwide. I grew up with a passion for fitness and helping people become the absolute best version of themselves week by week, day by day.

Fitness to me is more than just going to the gym, picking up heavy weight then putting it down.

I appreciate the art of body control and making healthy living a lifestyle. With that being said, my personal approach to fitness will help you become leaner, stronger and better developed each week, guaranteed. Best of all, I will be right beside you on the path to your healthier lifestyle and amazing physique.

