Recommended Bodybuilding Grocery List

# Protein

Protein Shakes

Meal Replacement Power Salmon

Strip Steak Chicken breast Chicken, rotisserie Pork Tenderloin Pork Chops

Ham, lean Fish, halibut

extra-lean ground turkey Turkey breast, smoked Black beans, canned White beans, canned Beef jerky

# Dairy Aisle

Eggs

Greek yogurt, plain Yogurt, vanilla, low-fat Skim Milk

Parmesan cheese, shredded Cottage cheese, low fat Cheese, American, low-fat Feta cheese

**Fruit** Banana Blueberries

Mixed berries Lemon

Lime

Dried fruit – pro tip: aim for dried cranberries, blueberries, in addition to raisins

# Complex Carbohydrates

Old fashioned oatmeal, plain, uncooked Hamburger buns, whole wheat Pumpkin puree, canned

Sweet potato

Russet / Idaho potato Brown rice

English muffin, whole grain Pita, whole grain

Tortillas, whole grain Corn, kernels Orange

Apple

**Vegetables** Asparagus Broccoli

Onion, red and white Jicama

Tomatoes – cherry and sandwich Tomato paste

Tomatoes, diced, canned Mushrooms

Spring Mix Green beans

Carrots, baby and whole Parsley

Bell peppers- pro tip: grab a variety of colors Cucumber

Celery

Lettuce, romaine or your choice

Baby Spinach **Fats and Oils** Avocado Mixed Nuts

Olive oil, Extra-Virgin Sesame oil

Hummus

Peanut Butter, powdered and creamy Seeds: pumpkin and sunflower

# Seasonings and other essentials

Bread crumbs Stevia

Vinegar – pro tip: try wine, rice, or balsamic (to mix with olive oil for dressing) Mint, fresh Cilantro, fresh

Soy sauce Sesame seeds

Oregano, fresh or dried Thyme, fresh or dried Chili powder

Cumin Chicken broth Maple Syrup

Semi-sweet chocolate chips

Fat-free, sugar-free chocolate or vanilla pudding Cooking spray

Pumpkin Pie Spice Cocoa, dutch Cinnamon

Garlic, minced, bottled Ginger, fresh

Crushed red pepper Mustard, dijon

Salt, Pepper

**Recommended Meal Plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **10:00am** | **1:00pm** | **4:00pm** | **7:00pm** | **10:00pm** |
| **1** | Protein Pancake made using ¼ cup protein powder | Plain Greek yogurt sprinkled with cocoa, cinnamon, and mixed nuts | Grilled salmon with broccoli and a sweet potato | Protein shake | Spring mix salad topped with grilled strip steak, olive oil + vinegar dressing, and chopped roasted squash | Cottage cheese with blueberries |
|  | 1 cup (dry |  | Grilled chicken breast, brown rice, roasted broccoli |  | Korean Pork Chops, green salad, and brown rice |  |
|  | measure) |  |  |  |
|  | oatmeal, |  | Baby carrots, |  |
|  | prepared with |  | sliced bell |  |
|  | water. Mix in 1 |  | pepper, |  |
|  | **MRP** packet, | Remainder of | sliced | Protein |
| **2** | extra water as | high protein | cucumber, ½ | shake |
|  | needed, and 1 | oatmeal breakfast | pita pocket |  |
|  | sliced apple. |  | (toasted), 4 |  |
|  | Enjoy half |  | Tbsp |  |
|  | now, half at |  | hummus |  |
|  | 10am |  |  |  |

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| **3** | Whole grain English muffin topped with 2  egg whites, 1 slice lean ham, 1 slice American cheese, ½ cup baby spinach | Plain yogurt mixed with 1 packet **MRP**, splash of milk (optional), and a handful of mixed berries | 1 serving Southwest Chicken and White Bean Chili, side of sliced cucumber and baby carrots | Apple and celery sticks with peanut butter | Steak Wraps with ginger marinade and apple-mint salad | Protein shake |
|  |  | Smoothie: blend |  |  |  | Protein Packed Trail Mix: 1 oz  beef jerky, 2 Tbsp mixed nuts, 2 Tbsp  dried fruit, 2 Tbsp roasted seeds (pumpkin or sunflower) |
|  |  | together 1 packet |  |  |  |
|  |  | **MRP** protein |  |  |  |
| **4** | Spicy Scrambled Eggs, side of mixed berries | powder (chocolate), 2 Tbsp powdered peanut butter, 1  medium banana, | Mexican Smoked Turkey Salad | Protein shake | Pork tenderloin with asparagus  and small |
|  |  | 1c ice, 1c skim |  |  | baked potato |
|  |  | milk |  |  |  |
|  |  |  |  |  | Chicken |  |
|  |  |  |  |  | Fajitas (grilled |  |
|  |  |  |  |  | chicken, |  |
| **5** | Pumpkin Oatmeal made using **MRP** (add additional water if needed) | Plain Greek yogurt topped with cinnamon,  and 1 Tbsp | Turkey burger on whole wheat bun with lettuce and  tomato, side of | Protein shake | salsa, bell peppers, cilantro, mushrooms, onion, 2  whole wheat | Cottage cheese topped with  canned, |
|  |  | chopped nuts | sliced cucumbers |  | tortillas), | drained fruit |
|  |  |  |  |  | topped with |  |
|  |  |  |  |  | chopped |  |
|  |  |  |  |  | lettuce, |  |
|  |  |  |  |  | tomato, and |  |
|  |  |  |  |  | avocado |  |
| **6** | Breakfast wrap (2 scrambled eggs, low-fat  cheese, salsa, | 1 packet **MRP** powder blended with 1c ice, 1 c | Southwestern Grilled Halibut, side salad with | Cottage cheese topped with  mixed berries | Lettuce Wraps | Protein shake |
|  | bell peppers, |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | whole wheat tortilla) | skim milk, 1 c baby spinach, 1 medium banana | olive oil + vinegar dressing |  |  |  |
| **7** | **FREE DAY** | **FREE DAY** | **FREE DAY** | **FREE DAY** | **FREE DAY** | **FREE DAY** |

Pro Tip: When it comes to building muscle and strength, you need to make every calorie count while also increasing your intake of energizing nutrients and muscle building protein. Try out some of these easy swaps to save on empty calories and replace these with essential protein, filling fiber, and other good-for-you nutrients. Don’t worry, these substitutions are neither extreme nor devoid of flavor.

|  |  |
| --- | --- |
| **Replace this...** | **with this** |
| whole milk | skim (0%), low-fat (1%), reduced fat (2%) |
| cheese | reduced fat (2% milk) cheese |
| pasta with white (cheese) sauce | Whole grain pasta with marinara (vegetable) sauce |
| bacon or sausage | Canadian bacon, lean ham, lean chicken sausage |
| eggs | egg whites or egg substitutes |
| mayonnaise | reduce calorie, fat-free or mustard |
| creamy salad dressings | vinegar-based dressings |
| guacamole | salsa |
| creamed soups | broth-based soups |
| butter, oil or shortening | non-stick cooking spray, applesauce or prune puree |
| White pasta, rice, or bread | Whole-grain breads and pasta, brown and wild rice |

