

# 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
<b>1</b>	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
<b>2</b>	1 cup (dry measure) oatmeal, prepared with water. Mix in 1 <b>MRP</b> packet, extra water as needed, and 1 sliced apple. Enjoy half now, half at 10am	Remainder of high protein oatmeal breakfast	Grilled chicken breast, brown rice, roasted broccoli	Baby carrots, sliced bell pepper, sliced cucumber, ½ pita pocket (toasted), 4 Tbsp hummus	Korean Pork Chops, green salad, and brown rice	Protein shake

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 <b>MRP</b> , 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
4	Spicy Scrambled Eggs, side of mixed berries	Smoothie: blend together 1 packet <b>MRP</b> protein powder (chocolate), 2 Tbsp powdered peanut butter, 1 medium banana, 1c ice, 1c skim milk	Mexican Smoked Turkey Salad	Protein shake	Pork tenderloin with asparagus and small baked potato	Protein Packed Trail Mix: 1 oz beef jerky, 2 Tbsp mixed nuts, 2 Tbsp dried fruit, 2 Tbsp roasted seeds (pumpkin or sunflower)
5	Pumpkin Oatmeal made using <b>MRP</b> (add additional water if needed)	Plain Greek yogurt topped with cinnamon, and 1 Tbsp chopped nuts	Turkey burger on whole wheat bun with lettuce and tomato, side of sliced cucumbers	Protein shake	Chicken Fajitas (grilled chicken, salsa, bell peppers, cilantro, mushrooms, onion, 2 whole wheat tortillas), topped with chopped lettuce, tomato, and avocado	Cottage cheese topped with canned, drained fruit
6	Breakfast wrap (2 scrambled eggs, low-fat cheese, salsa, bell peppers,	1 packet <b>MRP</b> powder blended with 1c ice, 1 c	Southwestern Grilled Halibut, side salad with	Cottage cheese topped with mixed berries	Lettuce Wraps	Protein shake

	whole wheat tortilla)	skim milk, 1 c baby spinach, 1 medium banana	olive oil + vinegar dressing			
<b>7</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>

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.

<b>Replace this...</b>	<b>with this</b>
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

