**Sample Bodybuilding Grocery List**

# FRUITS/BERRIES

* BANANAS
* APPLES
* FROZEN BERRIES
* BLUEBERRIES
* PINEAPPLE
* RASPBERRIES
* AVOCADO

# VEGETABLES

* BROCCOLI
* CAULIFLOWER
* SWEET RED PEPPER
* CARROT
* SWEET POTATO
* LEAFY GREENS
* SPINACH
* YELLOW ONION
* TOMATOES
* GREEN BEANS
* KALE
* POTATOES
* SWEET CORN
* MUSHROOMS
* ASPARAGUS

# DAIRY ALTERNATIVES

* ORGANIC SOY MILK
* ALMOND MILK (ALPRO)
* PLAIN SOY YOGURT

# NUTS AND SEEDS

* GROUND FLAX SEEDS
* CASHEWS
* NATURAL PEANUT BUTTER

# GRAINS

* OATS
* QUINOA
* BUCKWHEAT
* BROWN BASMATI RICE
* WHOLE-WHEAT PASTA
* WHOLE-GRAIN BREAD

# LEGUMES

* RED LENTILS
* BLACK BEANS
* KIDNEY BEANS
* CHICKPEAS

# OTHER

* SOY SAUCE
* PROTEIN POWDER
* TOFU
* HERBS/SPICES
* CHOPPED TOMATOES

**Sample Bodybuilding Meal Plan**

|  |  |  |  |
| --- | --- | --- | --- |
| **Calories** | **Carbohydrates** | **Protein** | **Fat** |
| **2000** | **275** | **125** | **44** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2000 kcal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | *Porridge:*  55 g rolled oats 300 ml organic milk  15 g protein powder Add water if necessary | *Porridge:*  55 g rolled oats  320 ml unsweetened almond milk  20 g protein powder Add water if necessary | *Smoothie:*  300 ml organic milk 35 g protein powder 180 g frozen berries 160 g banana  10 g ground flax seeds | *Berry Cereal:*  200 g frozen berries 340 ml organic milk 35 g protein powder 30 g cashew nuts | *Porridge:*  55 g rolled oats  320 ml unsweetened almond milk  10 g protein powder Add water if necessary | *Buckwheat Porridge:*  60 g buckwheat  280 ml unsweetened almond milk  25 g protein powder | 350 g plain yogurt 15 g protein powder 150 g banana  100 g blueberries 35 g cashew nuts |
|  | *Toppings:*  90 g frozen berries 30 g cashew nuts | *Toppings:*  100 g blueberries  15 g ground flax seeds |  |  | *Toppings:*  100 g raspberries  1.5 tbsp. natural peanut butter | *Toppings:*  130 g banana |  |
| **Lunch** | 250 g raw sweet potato 160 g cooked kidney beans  150 g tomato 120 g raw kale 70 g sweet corn | 160 g cooked red lentils 60 g uncooked quinoa  *Stir-fry:*  150 g sweet red pepper 120 g raw carrot  100 g yellow onion | 145 g whole-grain bread  70 g avocado  100 g tomato  100 g apple | *Tofu scramble:*  180 g organic firm tofu 100 g yellow onion  150 g red sweet pepper 150 g raw asparagus  160 g cooked black beans | 70 g uncooked whole- wheat pasta  140 g cooked black beans  120 g red sweet pepper 100 g leafy greens  100 g tomato | 145 g whole-grain bread  75 g avocado  100 g tomato  100 g apple | 75 g uncooked quinoa 160 g cooked black beans  80 g tomato  120 g sweet red pepper 120 g leafy greens |
| **Dinner** | 80 g uncooked brown basmati rice  180 g organic firm tofu 150 g raw green beans 180 g raw broccoli  90 g yellow onion | 65 g uncooked whole- wheat pasta  160 g cooked black beans 180g raw mushrooms 120 g chopped tomatoes 40 g sweetcorn  Salt and pepper | 80 g uncooked brown basmati rice  160 g cooked kidney beans  100 g raw green beans 150 g raw broccoli  120 g raw asparagus  100 g yellow onion | 160 g cooked chickpeas 280 g raw potato  100 g raw spinach 150 g raw cauliflower 130 g carrots | *Stir-fry:*  120 g raw mushrooms 150 g raw broccoli 120 g raw carrot  80 g yellow onion  160 g organic firm tofu 2 tbsp. soy sauce | 150 g organic firm tofu 180 g raw sweet potato 160 g cooked kidney beans  100 g asparagus  100 g sweet red pepper 50 g sweet corn | 90 g uncooked brown basmati rice  150 g cooked red lentils 140 g raw mushrooms 160 g raw broccoli  120 g raw cauliflower |
|  |  |  |  |  | 70 g uncooked brown  basmati rice |  |  |
| **Snack** | 140 g pineapple  *Protein shake:*  35 g protein powder 330 ml organic milk | 20 g cashew nuts 120 g raspberries  *Protein shake:*  25 g protein powder 360 ml unsweetened almond milk | 130 g pineapple  *Protein shake:*  35 g protein powder 350 ml unsweetened almond milk | 300 g plain yogurt 10 g protein powder 150 g banana  120 g apple | 120 g banana  100 g blueberries  *Protein shake:*  35 g protein powder 350 ml unsweetened almond milk | *Berry Cereal:*  200 g frozen berries 320 ml organic milk 35 g protein powder | 130 g apple  *Protein shake:*  30 g protein powder 350 ml unsweetened almond milk |

