

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

