

# 7 DAY GROCERY LIST FOR FEMALE MEAL *plan*



## PROTEINS

- Yogurt, Greek, non-fat, plain: 28 ounce(s)
- Cheese, feta ½ ounce
- Chicken Breast / White Meat 22 ounce(s)
- Tuna, light in water 7 ounce(s)
- Halibut - broiled 4 ounce(s)
- Fish, halibut, cooked, dry heat 3 ounces
- Cottage Cheese - 1% fat 1½ cup
- Cheddar, mild shredded, light 1 ounce(s)
- Beef, Organic Flank, separable lean only, trimmed, choice, cooked 6 ounce(s)
- Cheese, mild shredded ¼ cup
- Fish, salmon, wild, cooked, dry heat 3 ounce(s)
- Cheese, parmesan, grated ½ tablespoon
- Egg, whole, hard-boiled 2 large

## FRUITS

- Blueberries, raw: ½ cup
- Apple - medium with peel 1 each
- Strawberries, raw 1 cup
- Blackberries, raw 4 cup
- Peaches, raw 1 small
- Orange 1 each
- Egg whole w/ yolk 1 each
- Apple - small with peel 3 each

## FATS

- Nuts, almonds 22 almond
- Oil & Vinegar 12 teaspoon
- Oil & Balsamic Vinegar 1 tablespoon
- Nuts, almond butter, plain, no salt added 2 ½ tablespoon
- Eggs, organic, hard-boiled 3 large
- Nuts, walnuts 1 ½ ounce
- Nuts, brazil nuts, raw 1 ounce
- Egg, whole, scrambled 2 large
- Egg, white, raw ½ cup
- Peanut Butter - all natural smooth style ½ tablespoon
- Marinara sauce – Low Sodium ½ cup

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## SPICES & EXTRAS

- Mayonnaise, fat free 2 tablespoon
- Relish 2 tablespoon
- Salsa 9 tablespoon(s)
- Tomato sauce, no salt added 1 cup
- BBQ sauce 1 tablespoon
- Chives, raw 1 tsp, chopped
- Cream, sour, reduced fat, cultured 1 tablespoon
- Ice Cream, No Sugar Added, Vanilla ½ cup
- Popcorn - Air popped plain 3 cups
- Lemon juice
- Garlic powder
- Pepper - sweet bell, all colors, chopped,
- Snacks, popcorn, air popped

## CARBS

- Cereal, gluten-free oats, steel cut, cooked ½ cup
- Celery, Organic stalk, trimmed 6 each
- Crackers, brown rice 10
- Buckwheat ½ cup
- Yam - baked or boiled 1 cup
- Amaranth Cereal ¾ cup
- Seeds, chia seeds, dried 1 ounce
- Brown Rice - cooked 1/3 cup
- Bread, Gluten Free, Flax 2 slice
- Angel hair – buckwheat, cooked ½ cup
- Seeds, pumpkin and squash seeds, whole, roasted, no salt ½ ounce (85 seeds)
- Lentils, boiled, no salt ½ cup
- Cinnamon 1 teaspoon
- Kale, boiled, drained, no salt 1 cup
- Squash, winter, spagheflatti, boiled, drained, or baked, no salt 1 cup
- Seeds, flaxseed 2 tablespoon
- Medjool dates, pitted 3

## VEGETABLES

- Beans, snap, green, raw 10 beans (4" long)
- Cabbage, freshly harvest, raw ½ cup
- Carrots, baby, raw 5 medium
- Cucumber - slices 2 cup
- Salad - large. garden w/tomato & onion 2 large
- Broccoli, frozen, chopped, steamed, no salt 3 cup
- Salad - sm. garden w/tomato, onion 4 small,
- Tomato, sliced, organic 3 slices, ¾ cup
- Asparagus, frozen, broiled, drained, no salt 8 spears
- Pepper - sweet bell, all colors, chopped 1 whole
- Avocado - pureed ¾ cup
- Beans, adzuki, mature seeds, boiled, no salt 1¼ cup
- Spinach, raw 4 cups
- Spinach, boiled, drained, no salt 1 cup
- Tomato - sm. w/peel, 2.5" diam. 1 small
- Carrots, baby, raw 6 medium
- Sweet potato, baked in skin, no salt 1 small
- Mushrooms, raw ½ cup
- Peppers, sweet, red, raw 1 cup, chopped
- Green beans - string boiled & drained 2 ounce(s)
- Potato - white medium ½ cup
- Potato – sweet potato 3 ounce(s)
- Salad - med. garden w/tomato, onion 1 medium