

7 DAY GROCERY LIST FOR MALE MEAL *plan*



PROTEINS

- Yogurt, Greek, non-fat, plain: 11 ounce(s)
- Cheese, feta 1 ounce
- Chicken Breast / White Meat 11 ounce(s)
- Yogurt, plain, skim milk 5 container
- Shrimp - boiled or steamed 12 ounce(s)
- Fish, halibut, cooked, dry heat 6 ounce(s)
- Cottage Cheese - 1% fat ½ cup
- Turkey meatballs 10 each
- Salmon - broiled 6 ounce(s)
- Milk - skim, no-fat (or substitute) 3 cup
- Fish, tuna, light, canned in water, drained solids 1 can
- Cheese, parmesan, grated 2 tablespoon
- Cheese, goat, soft type 2 ounce

FRUITS

- Blueberries, raw: 2 ½ cup
- Apple - medium with peel 2 ½ each, 1 small
- Strawberries, raw 2 ½ cup
- Blackberries, raw ½ cup
- Raspberries, raw 1 ½ cup
- Orange - small 1 each
- Kiwi fruit, 3 fruit
- Grapefruit, raw, pink and red and white, all areas 1 large
- Banana, medium 1 ½ each
- Grapes American 25 each

FATS

- Nuts, almonds 48 almond
- Olive oil - pure 4 tablespoon
- Olive oil, extra virgin ¼ table spoon
- Egg substitute, liquid 1 cup
- Eggs, organic, hard-boiled 7 large
- Nuts, walnuts 2 ½ ounce
- Nuts, almond butter 1 tablespoon
- Egg, whole, scrambled 4 each
- Nuts, pistachio nuts, raw ½ ounce
- Peanut Butter - all natural smooth style 2½ tablespoon

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SPICES & EXTRAS

- Mayonnaise, fat free 1 tablespoon
- Garlic powder 1 tablespoon
- Salsa 3 tablespoon
- Tomato sauce, no salt added 1/3 cup
- Salad dressing (recipe) 4 tablespoon
- Lemon juice 1/3 tablespoon

CARBS

- Cereal, gluten-free oats, steel cut, cooked 2 cup
- Celery, Organic stalk, trimmed 11 each
- Crackers, brown rice 4
- Buckwheat, roasted ½ cup
- Seeds, sunflower seed kernels, raw ½ ounce
- Seeds, flaxseed 3 ½ tablespoon
- Seeds, chia seeds, dried 1 ½ ounce
- Brown Rice - cooked 2½ cup
- Bread, Gluten Free, Flax 4 slice
- Soup, Organic Minestrone Soup 1 cup
- Seeds, pumpkin and squash seeds, whole, roasted, no salt 1 ounce
- Lentils, boiled, no salt ¼ cup
- Cinnamon 1 teaspoon
- Angel hair - buckwheat, cooked 1 cup
- Hummus, home prepared 3 tablespoon
- Chickpeas 1 cup
- Granola, gluten-free, all natural ½ cup
- Veggie burger 2 patty

VEGETABLES

- Broccoli, frozen, chopped, steamed, no salt 1 cup
- Salad - lrg. garden w/tomato, onion 1 large
- Spinach, raw 3 cups, 4 leaves
- Cucumber - slices 2 cup
- Asparagus, frozen, broiled, drained, no salt 1 cup
- Pepper - sweet bell, all colors, chopped 1 cup
- Sweet potato, baked in skin, no salt ½ cup, 1 small
- Mushrooms, raw 1 ½ cup pieces
- Peppers, sweet, red, raw 1 medium
- Potato – sweet potato 3 ounce(s)
- Olives, ripe, canned (small-extra-large) 12 large
- Zucchini, boiled, drained 1 cup
- Salad dressing, home recipe, vinegar and oil 1 tablespoon
- Tomato, diced 2 ½ cup
- Eggplant, boiled, drained, no salt ½ cup
- Onion chopped 2 tablespoons
- Cauliflower, boiled, drained, no salt ½ cup
- Beans, adzuki, mature seeds, boiled, no salt ½ cup
- Green salad w/ raw vegetables 1 cup
- Broccoli, boiled, drained, no salt 1½ cup, chopped
- Avocados, raw, all varieties ½ cup