

# 7 DAY GROCERY LIST FOR FEMALE MEAL *plan*



## PROTEINS

- Yogurt, Greek, non-fat, plain: 16 ounce(s)
- Cheese, feta ½ ounce
- Chicken Breast / White Meat 6 ounce(s)
- Tuna, light in water 4 ounce(s)
- Halibut - broiled
- Fish, halibut, cooked, dry heat 6 ounces
- Cottage Cheese - 1% fat ½ cup
- Cheddar, mild shredded, light
- Beef, Organic Flank, separable lean only, trimmed, choice, cooked
- Cheese, mild shredded
- Fish, salmon, wild, cooked, dry heat
- Cheese, parmesan, grated 2 tablespoon
- Cheese, goat, soft type 1 ounce
- Yogurt, plain, skim milk 5 container
- Shrimp - boiled or steamed 7 ounce(s)
- Milk - 1% 1 cup
- Salmon - broiled 4 ounce(s)
- Egg substitute ½ cup
- Milk - skim, no-fat (or substitute) 1 cup
- Tilapia - boiled or steamed
- Beef, ground, 95% lean meat / 5% fat, patty, pan-broiled
- Turkey meatball 6
- Couscous, cooked
- Egg, whole, hard-boiled 2 large

## FRUITS

- Blueberries, raw: 3 cup
- Apple - medium with peel
- Strawberries, raw 2 cup
- Blackberries, raw ½ cup
- Peaches, raw
- Orange
- Kiwi fruit, 3 fruit without skin, medium
- Grapefruit, raw, pink and red and white, all areas 1 large
- Grapes - American 45 each
- Banana - med 8" 1
- Apple - small 2 each
- Avocados, raw, all varieties ½ cup, sliced
- Raspberries 1 cup
- Apple - small with peel 2 each
- Egg whole w/ yolk
- Pear

## FATS

- Nuts, almonds 30 almonds
- Oil & Vinegar 1 tablespoon
- Oil & Balsamic Vinegar
- Nuts, almond butter, plain, no salt added ½ tablespoon
- Eggs, organic, hard-boiled
- Nuts, walnuts 1 ½ ounce
- Nuts, brazil nuts, raw
- Egg, whole, scrambled 4
- Egg, white, raw
- Peanut Butter - all natural smooth style 1 ½ tablespoon
- Marinara sauce - Low Sodium
- Olive oil - pure 4 tablespoon
- Olive Oil, Extra Virgin ½ table spoon
- Nuts, pistachio nuts, raw ½ ounce

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## CARBS

- Cereal, gluten-free oats, steel cut, cooked ½ cup
- Celery, Organic stalk, trimmed 8 stalks
- Crackers, brown rice 2
- Buckwheat
- Yam - baked or boiled
- Amaranth Cereal 2 cup
- Seeds, chia seeds, dried 1 ounce
- Brown Rice - cooked
- Bread, Gluten Free, Flax 3 slice
- Alfalfa seeds, sprouted, raw
- Seeds, pumpkin and squash seeds, whole, roasted, no salt
- Lentils, boiled, no salt ¼ cup
- Cinnamon 1 teaspoon
- Kale, boiled, drained, no salt
- Squash, winter, spagheffatti, boiled, drained, or baked, no salt
- Seeds, flaxseed 2 tablespoon
- Medjool dates, pitted
- Angel hair – buckwheat, cooked 1 ½ cup
- Seeds, chia seeds, ground 1 tablespoon
- Chickpeas ½ cup
- Buckwheat groats, roasted, cooked ½ cup
- Hummus, home prepared 3 tablespoons
- Seeds, pumpkin and squash seed kernels, roasted, no salt ½ ounce
- Veggie burger 2 patty
- Soup, Organic Minestrone Soup ½ cup
- Seeds, sunflower seed kernels, dry roasted, no salt ½ ounce
- Rice, brown, long-grain, cooked 2 cup
- Quinoa, cooked
- Beans, white, boiled, no salt
- Granola, gluten-free, all natural

## SPICES & EXTRAS

- Mayonnaise, fat free 1 tablespoon
- Relish
- Salsa 3 tablespoon(s)
- Tomato sauce, no salt added 4 tablespoon
- BBQ sauce
- Chives, raw
- Cream, sour, reduced fat, cultured
- Ice Cream, No Sugar Added, Vanilla
- Popcorn – Air popped plain
- Lemon juice 1/3 tablespoon
- Garlic powder 1 tablespoon
- Pepper - sweet bell, all colors, chopped, 1 cup
- Snacks, popcorn, air popped

## VEGETABLES

- Beans, snap, green, raw
- Cabbage, freshly harvest, raw
- Carrots, baby, raw
- Cucumber - slices 1 ½ cup
- Salad - large. garden w/tomato & onion 1 large
- Broccoli, frozen, chopped, steamed, no salt 2½ cup
- Salad - sm. garden w/tomato, onion
- Tomato, sliced, organic 2½ cup
- Asparagus, frozen, broiled, drained, no salt 1 cup
- Pepper - sweet bell, all colors, chopped
- Avocado - pureed
- Beans, adzuki, mature seeds, boiled, no salt
- Spinach, raw 3 cups, 4 leaves
- Spinach, boiled, drained, no salt
- Tomato - sm. w/peel, 2.5" diam.
- Carrots, baby, raw
- Sweet potato, baked in skin, no salt 2 cup
- Mushrooms, raw 1½ cup
- Peppers, sweet, red, raw 1 medium
- Green beans - string boiled & drained
- Potato - white medium
- Potato – sweet potato
- Olives, ripe, canned (small-extra-large) 8 large
- Zucchini, boiled, drained 1 cup
- Salad dressing, Italian dressing, reduced calorie 3 tablespoons
- Eggplant, ½ cup
- Onion - chopped 2 tablespoon
- Cauliflower, boiled, drained, no salt ½ cup (1" pieces)
- Green salad w/ raw vegetables 1 cup
- Salad dressing, Italian dressing, reduced calorie 1 tablespoon
- Tomatoes, red, ripe, cooked
- Tomato sundried
- Tomatoes, orange, raw
- Salad Dressing, from recipes