

7 DAY GROCERY LIST FOR FEMALE MEAL *plan*



PROTEINS

- Yogurt, Greek, non-fat, plain: 6 ounce(s)
- Cheese, feta: 1 cubic inch
- Chicken Breast / White Meat: 20 ounce(s)
- Tuna, light in water: 6 ounce(s)
- Couscous, cooked: ½ cup, cooked
- Fish, halibut, cooked, dry heat: 6 oz
- Cheese, parmesan, grated: 3 tablespoon
- Cheese, goat, soft type: 2 ½ ounce
- Yogurt, plain, skim milk: 6 container
- Shrimp - boiled or steamed: 3 ounce(s)
- Egg substitute: ½ cup
- Milk - skim, no-fat (or substitute): 1 cup
- Tilapia - boiled or steamed: 6 ounce(s)
- Beef, ground, 95% lean meat / 5% fat, patty, pan-broiled: 1 patty
(yield from 1/4 lb raw meat)
- Turkey Breast slices, Organic: 8 ounce(s)

FRUITS

- Blueberries, raw: 3 cup
- Egg whole w/ yolk: 1 each
- Strawberries, raw: 2 ½ cup, halves
- Blackberries, raw: 1 cup
- Pear: 4 medium
- Orange: 2 each
- Kiwi fruit, : 2 fruit
- Apple - small with peel: 5 each, 2 small
- Grapes - American: 15 each
- Avocados, raw, all varieties: ½ cup, sliced
- Raspberries: ½ cup

FATS

- Nuts, almonds: 60 almond
- Oil & Vinegar: 1 tablespoon
- Nuts, cashew nuts, raw: ½ ounce
- Nuts, almond butter, plain, no salt added: 1 tablespoon
- Eggs, organic, hard-boiled: 4 large
- Nuts, walnuts: 3½ oz , 2 ounce
- Olive oil - pure: 4 ½ tablespoon
- Peanut Butter, raw: 1 tablespoon

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CARBS

- Cereal, gluten-free oats, steel cut 1 cup, cooked
- Celery - raw stalk, trimmed 4
- Cereal, large flaked, gluten free oats ½ cup, cooked
- Lentils, boiled, no salt ¾ cup
- Cinnamon 1 1/3 teaspoon
- Seeds, flaxseed 3 ½ tablespoon
- Seeds, chia seeds, dried 1 tablespoon
- Bread, Gluten Free, Flax 1 slice
- Alfalfa seeds, sprouted, raw 1 cup
- Seeds, sunflower seed kernels, dry roasted, no salt 1 ounce
- Rice, brown, long-grain, cooked 3 ½ cup
- Quinoa, cooked 1/3 cup
- Beans, white, boiled, no salt ½ cup
- Granola, gluten-free, all natural ¼ cup
- Angel hair – buckwheat, cooked 1 ½ cup
- Chickpeas ¼ cup
- Hummus, commercial ¼ cup

VEGETABLES

- Tomato, sliced, organic 2 1/4 cup
- Asparagus, frozen, broiled, drained, no salt 2 cup
- Carrots, baby, raw 7 medium
- Cucumber - slices 1 cup
- Salad - large. garden w/tomato & onion 1 salad, 1 medium
- Broccoli, frozen, chopped, steamed, no salt 1½ cup
- Tomatoes, red, ripe, cooked ¾ cup
- Tomato sundried 1/2 cup
- Eggplant, ½ cup (1" cubes)
- Salad Dressing, from recipes 1 tablespoon
- Olives, ripe, canned (small-extra-large) 4 large
- Zucchini, boiled, drained 3 ½ cup
- Spinach, raw 9 cup, 2 leaf
- Cauliflower, boiled, drained, no salt ½ cup
- Green salad w/ raw vegetables 1 cup
- Mushrooms, raw 1 cup pieces
- Sweet potato, baked in skin, no salt 1 small

SPICES & EXTRAS

- Salad dressing, recipes 1 tablespoon
- Lemon juice 1/3 tablespoon
- Garlic powder 1 1/3 tablespoon
- Pepper - sweet bell, all colors, chopped, 1 cup
- Snacks, popcorn, air popped 3 cup