



# 7 DAY GROCERY LIST FOR MALE MEAL *plan*



## PROTEINS

- Yogurt, Greek, non-fat, plain: 23 ounce(s), ¾ cup
- Cheese, feta ½ ounce
- Chicken Breast / White Meat 24 ounce(s)
- Tuna Solid White -Water small can 9 ounce(s)
- Halibut - broiled 6 ounce(s)
- Fish, halibut, cooked, dry heat 6 ounce(s)
- Cottage Cheese - 1% fat 3 cup
- Cheddar, mild shredded, light 1 ounce(s)
- Beef, Organic Flank, separable lean only, trimmed, choice, cooked 10 ounce(s)
- Cheese, mild shredded 1/4 cup
- Fish, salmon, wild, cooked, dry heat 9 ounce
- Cheese, parmesan, grated ½ tablespoon
- Parmesan Cheese 1 tablespoon
- Turkey Breast / White Meat 9 ounce(s)



## FRUITS

- Blueberries, raw: 1 cup
- Apple - medium with peel 1 each
- Strawberries, raw 1 cup, halves
- Blackberries, raw 4 cup
- Peaches, raw 1 small
- Orange - medium 1 each
- Banana, medium 2
- Apples, raw, with skin 3 small



## FATS

- Nuts, almonds 24 almond
- Oil & Vinegar 11 tablespoon
- Nuts, almond butter, plain, no salt added 3 tablespoon
- Eggs, organic, hard-boiled 4 large
- Nuts, walnuts 2 1/2 ounce (14 halves)
- Nuts, brazil nuts, raw 1 ounce (6-8 kernels)
- Egg, whole, scrambled 3 large
- Peanut Butter - all natural smooth style 2 tablespoon
- Marinara sauce – Low Sodium ½ cup
- Egg substitute, liquid 1 cup
- Egg whole w/ yolk 1 each
- Egg, white, raw 2 cup

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## SPICES & EXTRAS

- Mayonnaise, light 2 tablespoon
- Relish 2 tablespoon
- Salsa 8 tablespoon
- Tomato sauce, no salt added ¾ cup
- BBQ sauce 1 tablespoon
- Chives, raw 1 tsp chopped
- Cream, sour, reduced fat, cultured 2 tablespoon
- Ice Cream, No Sugar Added, Vanilla ½ cup
- Popcorn – Air popped plain 8 cup



## CARBS

- Cereal, gluten-free oats, steel cut, cooked 1 cup
- Celery, Organic stalk, trimmed 6 stalks
- Crackers, brown rice 16 each
- Seeds, flaxseed 2 tablespoon, whole
- Yam - baked or boiled 1 ½ cup, 6 ounce(s)
- Amaranth Cereal 1 cup (1 NLEA serving)
- Seeds, chia seeds, dried 1 tbsp, ½ ounce
- Brown Rice - cooked 1/3 cup
- Angel hair – buckwheat, cooked 1 cup
- Squash, winter, spaghetti, boiled, drained, or baked, no salt 1 cup
- Seeds, pumpkin and squash seeds, whole, roasted, no salt 1 ounce (85 seeds)
- Lentils, boiled, no salt ½ cup
- Cinnamon 1 teaspoon
- Kale, boiled, drained, no salt 1 cup, chopped
- Buckwheat, cooked ½ cup
- English muffin ½ muffin



## VEGETABLES

- Beans, snap, green, raw 1 cup
- Cabbage, freshly harvest, raw ½ cup, shredded
- Carrots, baby, raw 5 medium
- Cucumber - slices 2 cup
- Mixed green salad w/ raw veggies 1 large, 1 small
- Broccoli, frozen, chopped, steamed, no salt 3 cup
- Salad - sm. garden w/tomato, onion 3 small
- Tomato, sliced, organic 3 slice
- Asparagus, frozen, broiled, drained, no salt 8 spears
- Pepper - sweet bell, all colors, chopped 1 cup
- Avocado - pureed 1 1/4 cup
- Beans, snap, green, raw 10 beans (4" long)
- 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 pieces
- Peppers, sweet, red, raw 1 cup, chopped
- Green beans - string boiled & drained 2 ounce(s)
- Beans, adzuki, mature seed, boiled, with salt ½ cup
- Salad - med. garden w/tomato, onion 1 medium
- Beans, adzuki, mature seeds, boiled, no salt ½ cup
- Broccoli, boiled, drained, no salt ½ cup, chopped
- Vegetable soup - (recipe) 1 cup
- Salad - lrg. garden w/tomato & onion 1 Large
- Tomato, diced 1 cup