

7 DAY GROCERY LIST FOR MALE MEAL *plan*

PROTEINS

- ☐ Yogurt, Greek, non-fat, plain 6 ounce(s)
- ☐ Cheese, feta ½ ounce
- ☐ Chicken Breast / White Meat 28ounce(s)
- ☐ Tuna Solid White - Water small can
- ☐ Halibut - broiled
- ☐ Fish, halibut, cooked, dry heat
- ☐ Cottage Cheese - 1% fat
- ☐ Cheddar, mild shredded, light
- ☐ Beef, Organic Flank, separable lean only, trimmed, choice, cooked
- ☐ Cheese, mild shredded
- ☐ Fish, salmon, wild, cooked, dry heat 1 cup
- ☐ Cheese, parmesan, grated 4 tablespoon
- ☐ Cheese, goat, soft type 2 ounce
- ☐ Yogurt, plain, skim milk 4 container
- ☐ Shrimp - boiled or steamed 18 ounce(s)
- ☐ Turkey Breast / White Meat
- ☐ Turkey meatballs
- ☐ Salmon - broiled
- ☐ Milk - skim, no-fat (or substitute) 3 cup
- ☐ Parmesan Cheese
- ☐ Fish, tuna, light, canned in water, drained solids 1 can

FRUITS

- ☐ Blueberries, raw: 4 cup
- ☐ Apple - medium with peel
- ☐ Strawberries, raw 3 ½ cup
- ☐ Blackberries, raw 1 cup
- ☐ Peaches, raw
- ☐ Orange - small
- ☐ Kiwi fruit, 3 fruit
- ☐ Grapefruit, raw, pink and red and white, all areas
- ☐ Banana, medium
- ☐ Apples, raw, with skin
- ☐ Grapes American 30 each
- ☐ Raspberries, raw ½ cup
- ☐ Pear -medium w/peel 1 each

FATS

- ☐ Nuts, almonds 65 almond
- ☐ Oil & Vinegar 2 tablespoon
- ☐ Olive oil - pure 4 ½ tablespoon
- ☐ Nuts, cashew nuts, raw 1 ounce
- ☐ Eggs, organic, hard-boiled 2 large
- ☐ Nuts, walnuts 3 ounce
- ☐ Egg substitute, liquid 1 cup
- ☐ Egg whole w/ yolk 1 whole
- ☐ Nuts, almond butter 1 tablespoon
- ☐ Peanut Butter - all natural smooth style 2 tablespoon

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CARBS

- ☐ Cereal, gluten-free oats, steel cut, cooked 1 ½ cup
- ☐ Celery, Organic stalk, trimmed
- ☐ Crackers, brown rice
- ☐ Buckwheat, roasted
- ☐ Yam - baked or boiled
- ☐ Amaranth Cereal
- ☐ Seeds, chia seeds, dried
- ☐ Brown Rice - cooked
- ☐ Bread, Gluten Free, Flax 1 slice
- ☐ Soup, Organic Minestrone Soup
- ☐ Seeds, pumpkin and squash seeds, whole, roasted, no salt
- ☐ Lentils, boiled, no salt 1 ¼ cup
- ☐ Cinnamon 1 ½ teaspoon
- ☐ Kale, boiled, drained, no salt
- ☐ Seeds, sunflower seed kernels, raw 1 ounce
- ☐ Seeds, flaxseed 4 tablespoon
- ☐ Quinoa, cooked 1/3 cup
- ☐ Angel hair – buckwheat, cooked 1½ cup
- ☐ Seeds, chia seeds, ground
- ☐ Veggie burger
- ☐ Buckwheat, cooked
- ☐ English muffin
- ☐ Cereal,
- ☐ Hummus, home prepared ¼ cup
- ☐ Chickpeas ½ cup
- ☐ Granola, gluten-free, all natural ½ cup
- ☐ Hummus, commercial ½ cup
- ☐ Bread, pita, whole-wheat 1 pita, large
- ☐ Couscous, cooked, whole wheat ½ cup
- ☐ Alfalfa seeds, sprouted, raw 1 cup

SPICES & EXTRAS

- ☐ Mayonnaise, fat free
- ☐ Relish
- ☐ Salsa
- ☐ Tomato sauce, no salt added
- ☐ 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 2/3 tablespoon
- ☐ Snacks, popcorn, air popped 3 cups

VEGETABLES

- ☐ Beans, snap, green, raw
- ☐ Cabbage, freshly harvest, raw
- ☐ Carrots, baby, raw 7 medium
- ☐ Cucumber - slices 1 cup
- ☐ Mixed green salad w/ raw veggies
- ☐ Broccoli, frozen, chopped, steamed, no salt ½ cup
- ☐ Salad - sm. garden w/tomato, onion
- ☐ Tomato, sliced, organic
- ☐ Asparagus, frozen, broiled, drained, no salt
- ☐ Pepper - sweet bell, all colors, chopped 1 cup
- ☐ Avocado – all varieties
- ☐ Beans, snap, green, raw
- ☐ Spinach, raw 6 cups, 2 leaves, 1 bunch
- ☐ Spinach, boiled, drained, no salt
- ☐ Tomato - sm. w/peel, 2.5" diam.
- ☐ Carrots, baby, raw
- ☐ Sweet potato, baked in skin, no salt 2 small
- ☐ Mushrooms, raw 1 cup, pieces
- ☐ Peppers, sweet, red, raw
- ☐ Green beans - string boiled & drained
- ☐ Potato - white medium
- ☐ Potato – sweet potato
- ☐ Olives, ripe, canned (small-extra-large) 4 large
- ☐ Zucchini, boiled, drained 1 ½ cup
- ☐ Vegetable soup – (recipe)
- ☐ Salad dressing, home recipe, vinegar and oil 1 tablespoon
- ☐ Tomato, diced 3 cup
- ☐ Eggplant, boiled, drained, no salt ½ cup
- ☐ Eggplant, boiled, drained, no salt
- ☐ Onion chopped
- ☐ Cauliflower, boiled, drained, no salt ½ cup
- ☐ Beans, adzuki, mature seeds, boiled, no salt
- ☐ Green salad w/ raw vegetables 1 cup
- ☐ Tomatoes, red, ripe, cooked ½ cup
- ☐ Broccoli, boiled, drained, no salt ½ cup, chopped
- ☐ Avocados, raw, all varieties ½ cup, sliced
- ☐ Tomatoes, orange, raw ¼ cup, chopped
- ☐ Beans, white, boiled, no salt ½ cup