

Grocery List: 2200 Calories Lean Bodybuilder

Grocery List report created exclusively for John Smith

Food	Quantity	Measure
Beans, Lentils		
Pinto bean - boiled	1.00	cup
Beverages		
Coffee - w/caffeine	46.00	ounce(s)
Tea, instant, unsweetened, lemon-flavored, powder, prepared	13.00	1 cup (8 fl oz)
Breads and baked goods		
Bun - hamburger	1.00	each
Croutons, plain	2.00	1 cup
Carb. Snack Foods (Healthy)		
Bread - slice rye 7 grain	4.00	each
Potato - white medium	21.00	ounce(s)
Rice - white cook steamed	1.00	cup
Rice cake - plain, Quaker	6.00	each
Cereals		
Cheerios Oat & Wheat, Gen. Mills	2.00	cup
Shredded Wheat, Nabisco	6.00	biscuit
Dairy		
Cheese - KRAFT Free slice	1.00	each
Milk - skim, no fat	4.50	cup
Yogurt - Yoplait, fat free, all flavors	20.00	ounce(s)
Dressings		
Oil & vinegar - Wish-Bone, Lite Classic	5.00	table spoon
Oil & Vinegar - Wish-Bone, vinaigrette Lite	2.00	table spoon
Fibrous Carbohydrates (Healthy)		
Salad - lrg. garden w/tomato & onion	2.00	large
Salad - med. garden w/tomato, onion	2.00	medium
Salad - sm. garden w/tomato, onion	1.00	small
Fruits & Fruit Juices		
Strawberries, raw	0.50	1 cup, halves
Strawberry - fresh, 1 medium	13.00	ounce(s)
Jams/ Spreads/Sauces/ Syrups		
Catsup - tomato	2.00	table spoon
Peanut Butter	4.00	table spoon
Salsa - Chunky medium, Pace	20.00	table spoon
Misc. Meats		
Rib Eye - fat trimmed off, chioce	4.00	ounce(s)
Performance Carbohydrates		
Oatmeal - quick, measure uncooked	3.66	cup
Orange - medium	0.50	each
Protein Snack Foods (Healthy)		
Cottage Cheese - 1% fat	1.00	cup
Proteins (Healthy)		
Chicken Breast / White Meat	37.00	ounce(s)
Egg Whites - scrambled/boiled	24.00	each
Egg whole w/ yolk	2.00	each
Protein Drink, Generic (add 16oz. water)	19.00	pack
Salmon - broiled	12.00	ounce(s)
Turkey Breast / White Meat	11.00	ounce(s)
Starchy Carbohydrates (Healthy)		
Tortilla - corn, soft, 7" diam.	4.00	each
Toppings		
Sugar - white	19.00	tea spoon

Food	Quantity	Measure
Vegetables		
Asparagus, cooked, boiled, drained	4.00	1/2 cup
Black Eyed Peas -boiled	1.00	cup
Broccoli, cooked, boiled, drained, without salt	2.00	0.5 cup, chopped
Broccoli, cooked, boiled, drained, without salt	3.00	1 spear (about 5" long)
Green beans - string, boiled & drained	8.00	ounce(s)
Mushrooms, cooked, boiled, drained, without salt	2.00	0.5 cup pieces
Pepper - sweet bell, all colors, chopped,	1.00	cup
Tomato - sm. w/peel, 2.5" diam.	2.00	small