

GROCERY LIST – LEAN & SHRED WEEKLY PLAN

Chicken breast (2–3 lbs)
Lean ground turkey (2 lbs)
Lean ground beef (2 lbs)
Eggs (1 dozen)
Deli turkey (1 lb)
Whey protein powder (1 container)
Greek yogurt (32 oz)
Protein bars (3–5)

Protein

Brown rice (2–3 cups uncooked)
Whole wheat pasta (1 box)
Whole wheat bread (1 loaf)
Tortillas (small, 1 pack)
Old-fashioned oats (1 container)
Bananas (6–8)
Apples (4–6)

Carbohydrates

Spinach (1 bag)
Broccoli (1–2 heads or frozen bag)
Bell peppers (2–3)
Carrots (1 bag)
Mixed veggies (frozen or fresh, 1 large bag)
Onion (1–2)
Lettuce (1 head or bag)
Tomatoes (3–4)

Vegetables

Olive oil (1 bottle)
Peanut butter (1 jar)
Almonds (1 bag)

Healthy Fats

Almond milk or low-fat milk (1/2 gallon)
Cheese slices/shredded (for wraps/tacos)

Dairy & Alternatives

Marinara sauce (1 jar)
Soy sauce (low sodium)
Honey (1 bottle)
Mild salsa (1 jar)
Salt, pepper, garlic powder

Sauces & Seasoning

Meal prep containers (5–10)
Nonstick spray or oil
Water bottles / shaker cup
Freezer bags (for storing cooked food)

Meal Prep Essentials

Tips:

- Shop once on Sunday and restock produce midweek.
- Cook rice, chicken, and pasta in bulk.
- Store meals in labeled containers for easy grab-and-go use.
- Stick to water or zero-calorie drinks to stay hydrated and lean.