

1501-1750 Calorie Meal Plan Shopping List

Day 1-2

Fresh Produce:

- 2 medium bananas
- 1 small package fresh basil
- 1 tomato
- 1 cucumber
- 1 small sweet potato
- 1 bunch kale
- 1 avocado
- 1 small bag whole carrots (not baby carrots), or 1 small bag carrot slices (to save time)
- 1 medium apple, such as Fuji
- 1 bulb garlic

Frozen Produce:

- 1 bag blueberries
- 1 bag asparagus

Dairy/Eggs:

- Plain, unsweetened almond milk
- 16 oz. container plain, nonfat Greek yogurt
- 1 oz. feta cheese
- 16 oz. container 1% cottage cheese
- ½ dozen large eggs
- 1 small carton 100% egg whites (avoid Egg Beaters)

Meat/Poultry/Fish:

- 5 oz. 97% ground turkey
- 6 oz. thin-cut boneless pork loin chop
- 6 oz. boneless, skinless chicken
- 5 oz. fresh Atlantic wild-caught salmon

Condiments:

- Olive oil
- Balsamic vinegar
- Hummus
- BBQ Sauce, such as Stubb's (or any other brand that contains less than 40 calories/2 Tbsp.)
- Cooking spray

Herbs and Spices:

- Cinnamon
- Garlic powder
- Black pepper
- Smoked paprika
- Oregano

Other:

Almond butter
Vanilla-flavored whey protein powder (such as Gold Standard or Designer Whey brand)
Whole almonds
Small package quinoa
Small container honey

Day 3

Fresh Produce:

Fresh strawberries
1 head purple cabbage (or 1 bag pre-shredded cabbage)
1 bag shredded carrots
1 green apple
1 lime
1 container cherry tomatoes
1 bunch kale
1 avocado
Grapes

Dairy/Eggs:

16 oz. container plain, nonfat Greek yogurt
Light string cheese

Meat/Poultry/Fish:

5 oz. boneless, skinless chicken breast
4 oz. 90% (or leaner) grass-fed burger (or ground beef)

Condiments:

Olive oil
Hummus
Grainy mustard
Apple cider vinegar

Herbs and Spices:

Cinnamon
Vanilla Extract
Garlic powder
Salt

Other:

Small package chopped walnuts
Cooking spray
Small container honey
Vanilla whey protein powder

Day 4

Fresh Produce:

1 bag fresh spinach
2 bell peppers
Grapes
Medium banana
Broccoli or cabbage-based bagged slaw mixture
Medium sweet potato

Dairy/Eggs:

Dozen eggs
Small container 1% cottage cheese
16 oz. container plain, nonfat Greek yogurt
Grass-fed butter, such as Kerrygold

Meat/Poultry/Fish:

Pork tenderloin (at least 5 oz.)

Condiments:

Cooking spray
Salsa
Trader Joe's Reduced Guilt Guacamole (or add an avocado to the fresh produce section)
Apple cider vinegar, such as Bragg's
Honey (preferably local)

Herbs and Spices:

Smoked paprika
Garlic powder
Black pepper
Salt

Other:

Corn tortillas, such as El Milagro brand (should not contain more than 60 calories/tortilla)
1 can chunk light tuna in water (chunk light is lower in mercury than chunk white)
Wasa or Ak Mak Crackers
Peanut or almond butter