

Grocery List

2750 Calories – Meal Plan 1

Whey Protein	<input type="checkbox"/>
Raw Oats	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Fat Free Greek Yogurt	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
Multigrain Penne Pasta	<input type="checkbox"/>
Lean Ground Turkey	<input type="checkbox"/>
Wheat Bread	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
White Potatoes	<input type="checkbox"/>
Steak	<input type="checkbox"/>
Avocados	<input type="checkbox"/>
Sliced Turkey Breast	<input type="checkbox"/>
Assorted Fruit	<input type="checkbox"/>
Flax Seed Oil	<input type="checkbox"/>

Grocery List

2750 Calories – Meal Plan 2

Eggs	<input type="checkbox"/>
Turkey Sausage	<input type="checkbox"/>
Wheat or Rye Bread	<input type="checkbox"/>
Apples	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Red Petite Potatoes	<input type="checkbox"/>
Steak	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Fat Free Greek Yogurt	<input type="checkbox"/>
White or Brown Rice	<input type="checkbox"/>
Chicken Breasts	<input type="checkbox"/>
Red Kidney Beans	<input type="checkbox"/>
Mixed Vegetables	<input type="checkbox"/>
Plain or Wheat Bagels	<input type="checkbox"/>
Mixed Nuts	<input type="checkbox"/>

Grocery List

2750 Calories – Meal Plan 3

Eggs	<input type="checkbox"/>
Plain or Wheat Bagels	<input type="checkbox"/>
Flavored Oatmeal	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Multigrain Spaghetti Noodles	<input type="checkbox"/>
Lean Ground Turkey	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
Wheat Bread	<input type="checkbox"/>
Red Petite Potatoes	<input type="checkbox"/>
Chicken Breasts	<input type="checkbox"/>
Mixed Nuts	<input type="checkbox"/>
Almonds	<input type="checkbox"/>
Fat Free Greek Yogurt	<input type="checkbox"/>
White or Brown Rice	<input type="checkbox"/>
Avocados	<input type="checkbox"/>

Grocery List

2750 Calories – Meal Plan 4

Raw Oats	<input type="checkbox"/>
Liquid Egg Whites	<input type="checkbox"/>
Wheat Bread	<input type="checkbox"/>
Turkey Bacon	<input type="checkbox"/>
White or Brown Rice	<input type="checkbox"/>
Red Kidney Beans	<input type="checkbox"/>
Steak	<input type="checkbox"/>
Sweet Potatoes	<input type="checkbox"/>
Mixed Vegetables	<input type="checkbox"/>
Chicken Breasts	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Tuna	<input type="checkbox"/>
Apples	<input type="checkbox"/>
Almonds	<input type="checkbox"/>

Grocery List

2750 Calories – Meal Plan ALL

Raw Oats	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
Multigrain Penne Pasta	<input type="checkbox"/>
Multigrain Spaghetti Noodles	<input type="checkbox"/>
Wheat Bread (or White)	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Potatoes	<input type="checkbox"/>
Assorted Fruit	<input type="checkbox"/>
Apples	<input type="checkbox"/>
White Rice (or Brown)	<input type="checkbox"/>
Red Petite Potatoes	<input type="checkbox"/>
Sweet Potatoes	<input type="checkbox"/>
Red Kidney Beans	<input type="checkbox"/>
Plain Bagels (or Wheat)	<input type="checkbox"/>
Flavored Oatmeal	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Avocados	<input type="checkbox"/>
Flax Seed Oil	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>
Almonds	<input type="checkbox"/>
Mixed Nuts	<input type="checkbox"/>
Whey Protein	<input type="checkbox"/>
Fat Free Greek Yogurt	<input type="checkbox"/>
Lean Ground Turkey	<input type="checkbox"/>
Steak	<input type="checkbox"/>
Egg Whites	<input type="checkbox"/>
Chicken Breast	<input type="checkbox"/>
Turkey Sausage	<input type="checkbox"/>
Turkey Bacon	<input type="checkbox"/>
Tuna	<input type="checkbox"/>

