

Grocery List

3500 Calories – Meal Plan 1

Eggs	<input type="checkbox"/>
Liquid Egg Whites	<input type="checkbox"/>
Turkey Bacon	<input type="checkbox"/>
Multigrain Tortillas (Medium)	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Lean Ground Beef	<input type="checkbox"/>
Multigrain Penne Pasta	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
White or Brown Rice	<input type="checkbox"/>
Tilapia	<input type="checkbox"/>
Mixed Vegetables	<input type="checkbox"/>
Almonds	<input type="checkbox"/>
Rye Bread	<input type="checkbox"/>
Tuna	<input type="checkbox"/>
Apples	<input type="checkbox"/>
Chicken Breasts	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Raw Oats	<input type="checkbox"/>

Grocery List

3500 Calories – Meal Plan 2

Sweet Potato Pancake Mix	<input type="checkbox"/>
Sugar Free Syrup	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Turkey Sausage Links	<input type="checkbox"/>
Liquid Egg Whites	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>
Sweet Potatoes	<input type="checkbox"/>
Chicken Breasts	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>
White or Brown Rice	<input type="checkbox"/>
Red Kidney Beans	<input type="checkbox"/>
Steak	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Rye Bread	<input type="checkbox"/>
Tuna	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Fat Free Greek Yogurt	<input type="checkbox"/>
Multigrain Spaghetti Noodles	<input type="checkbox"/>
Wheat Bread	<input type="checkbox"/>
Apples	<input type="checkbox"/>

Grocery List

3500 Calories – Meal Plan 3

Whey Protein	<input type="checkbox"/>
Raw Oats	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Peanut Butter	<input type="checkbox"/>
Fat Free Greek Yogurt	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>
Almond Milk	<input type="checkbox"/>
Lean Ground Beef	<input type="checkbox"/>
Multigrain Penne Pasta	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
Rye Bread	<input type="checkbox"/>
Sliced Turkey Breast	<input type="checkbox"/>
White or Brown Rice	<input type="checkbox"/>
Chicken Breasts	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Apples	<input type="checkbox"/>
Mixed Nuts	<input type="checkbox"/>

Grocery List

3500 Calories – Meal Plan 4

Eggs <input type="checkbox"/>
Liquid Egg Whites <input type="checkbox"/>
Turkey Bacon <input type="checkbox"/>
Multigrain Tortillas (Medium) <input type="checkbox"/>
Bananas <input type="checkbox"/>
Red Petite Potatoes <input type="checkbox"/>
Chicken Breasts <input type="checkbox"/>
Honey Barbecue Sauce <input type="checkbox"/>
Spinach <input type="checkbox"/>
White or Brown Rice <input type="checkbox"/>
Whey Protein <input type="checkbox"/>
Raw Oats <input type="checkbox"/>
Blueberries <input type="checkbox"/>
Almond Butter <input type="checkbox"/>
Almond Milk <input type="checkbox"/>
Mixed Vegetables <input type="checkbox"/>
Apples <input type="checkbox"/>
Avocados <input type="checkbox"/>
Broccoli <input type="checkbox"/>

Grocery List

3500 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"/>
Rye Bread	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Potatoes	<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"/>
Multigrain Tortillas (medium)	<input type="checkbox"/>
Sweet Potato Pancake Mix	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>
Almond Milk	<input type="checkbox"/>
Almond Butter	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>
Almonds	<input type="checkbox"/>
Avocados	<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"/>
Lean Ground Beef	<input type="checkbox"/>

