

MAXIMUM FITNESS

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FOR MEN

POWER FOODS GROCERY LIST

This is your grocery list. It may seem long for just a week, but some of the items will last into the next week, if not longer. There is also a long spice list. Keep in mind, spices last many years and will add variety and punch up any meal, so you're not eating plain chicken breast every week! A new section called Miscellaneous lists what you will need for your lunches and snacks during the work week.

PRODUCE

- Peaches 5
- Watermelon 1 medium
- Cantaloupe 1 large
- Raspberries 1 pint
- Orange 1
- Grapefruit 1
- Bananas 4
- Strawberries 1 pint
- Grapes 1 bag
- Kiwi 1
(for gain only)
- Lemon 1
- Sweet potatoes 1 small, 1 large
- Red potatoes 1 small *(add 2 small for gain)*
- Grape tomatoes 1 container
- Green pepper 1 large
- Dole Classic Coleslaw 16-oz package
- Dole Field Greens 16-oz package

- Garlic 1 small bulb
- Plum tomato 1
- Tomatoes 3
- Cucumbers 3
- Broccoli 1 small head
- Spinach 1 bunch
- Green beans ½ pound
- Yellow onion 1 large
- Romaine 1 large head

BAKERY

- 100% Whole wheat bread 1 loaf
- Whole wheat English muffins 1 package
- Whole wheat pita bread 1 package
- Whole wheat rolls 1 bags

MEATS/POULTRY/SEAFOOD

- Applegate Farms Andouille poultry sausage 1 package
- Salmon fillet 7 oz
- Chicken breast 1 pound
- Sliced ham ½ pound
- Extra lean roast beef 5 oz
- Pork chop 7 oz chop
- Turkey burger patty, 7% lean 1 package
- Hamburger patty, extra lean 1 package

DAIRY

- Skim milk 1 gallon
- Vanilla soy milk 1 quart

- Bummel and Brown yogurt spread 1 container
- Parmesan cheese 1 container
- Laughing Cow Light cheese creamy French onion wedges 1 container
- Mozzarella string cheese 1 package
- Reduced fat cheese 1 package
- 1% cottage cheese 6-pack
- Kozy Shack no sugar added rice pudding 4-pack
- Artificially sweetened yogurt-peach 1 container
- Artificially sweetened yogurt *(your choice)* 1 container *(2 container for gain)*
- Omega eggs 1 dozen
- Egg Beaters 1 container

HEALTH FOOD

- Vanilla protein powder 1 container
- Chocolate protein powder 1 container
- Ground flaxseed 8 oz bag
- Balance bar 1 bar

FROZEN FOOD

- Kashi Go Lean Waffles 1 box
- Corn 16 oz bag
- Assorted berries 16 oz bag

PACKAGED & CANNED GOODS

- Tomato soup 8 oz can
- Mushroom soup 8 oz can
- Chickpeas 12 oz can
- Salmon 4 oz can
- Pineapple 16 oz can
in-its-own-juice

PREPARED FOOD

- ¼ Rotisserie White Chicken 2

DRIED GOODS

- Kashi honey sesame crackers 1 box
- Graham crackers 1 box
- Rice cakes 1 bag
- Reduced Fat whole wheat Triscuits (*Gain only*) 1 box
- Microwave Light Popcorn 1 box
- Old Fashioned Smart Balance Omega oatmeal 1 box
- Cheerios 1 box
- Fiber One 1 box
- Almonds 16 oz bag
- Walnuts 16 oz bag
- Peanuts 8 oz bag
- Apricots 8 oz bag
- Whole wheat spaghetti 1 package
- Brown rice 1 box

SPICES

- Pepper 1 container
- Kosher Salt 1 box
- Rosemary 1 small container
- Red hot pepper 1 container
- Garlic powder 1 container
- Cinnamon 1 container

- Curry 1 small container
- Cayenne pepper 1 small container
- Paprika 1 small container
- Onion powder 1 small container
- Basil 1 container
- Thyme 1 small container
- Chili powder 1 small container
- Oregano 1 container

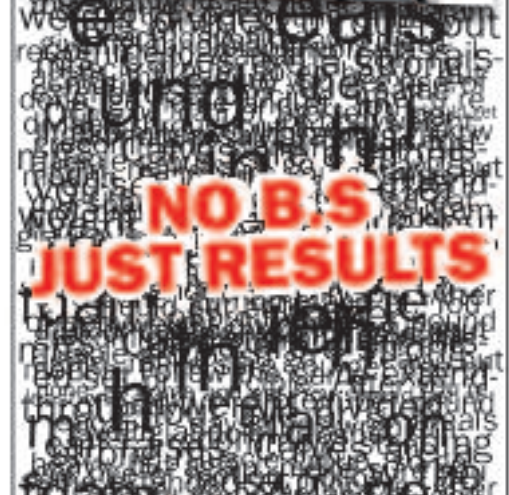
CONDIMENTS

- Peanut butter 1 jar
- Extra virgin olive oil 1 bottle
- Balsamic vinegar 1 bottle
- PAM spray 1 can
- Dijon mustard 1 jar
- Ketchup 1 bottle
- Light mayonnaise 1 jar
- Honey 1 small jar
- Ken's LITE Caesar dressing 1 bottle
- Ken's LITE Creamy Blue Cheese dressing 1 bottle
- Ken's LITE Asian Sesame dressing 1 bottle
- Mr. Stubb's Original BBQ sauce 1 bottle
- Spaghetti sauce 1 jar
- Hummus 1 bottle

BEVERAGES

- Lipton Original Iced Tea-unsweetened 1 bottle
- Skim Latte 16-oz cup
- POM Tea 16-oz glass
- Lemon lime flavored seltzer water 1 liter bottle

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