

# Grocery List: 3200 Calories Mass Builder



Grocery List report created exclusively for John Doe

Food	Quantity	Measure
<b>Beverages</b>		
Coffee - w/caffeine	42.00	ounce(s)
Tea - prepared w/tap water	44.00	fluid ounce(s)
Tea, instant, unsweetened, lemon-flavored, powder, prepared	10.00	1 cup (8 fl oz)
<b>Breads and baked goods</b>		
Bagel - blueberry, Earth Grains	1.00	each
Bagel - Raisin, Lenders	4.00	each
Pancakes, buckwheat, dry mix, incomplete	1.00	1 cup, poured from box
<b>Carb. Snack Foods (Healthy)</b>		
Banana - med 8"	1.00	each
Bread - slice rye 7 grain	18.00	each
Potato - white medium	39.00	ounce(s)
Rice - white cook steamed	2.00	cup
<b>Dairy</b>		
Milk - 2%	29.00	cup
<b>Dressings</b>		
Oil & vinegar - Wish-Bone, Lite Classic	11.00	table spoon
<b>Fast Food</b>		
Chicken breast fillet sandwich	1.00	each
Entrees, pizza with cheese, meat, and vegetables	3.00	1 slice
French fries - McDonald's small order	1.00	small
Hamburger - Wendy's double	1.00	each
Taco - beef regular	2.00	each
Taco - beef Supreme	1.00	each
<b>Fibrous Carbohydrates (Healthy)</b>		
Salad - lrg. garden w/tomato & onion	5.00	large
<b>Fruits &amp; Fruit Juices</b>		
Apple - medium with peel	3.00	each
<b>Jams/ Spreads/Sauces/ Syrups</b>		
Mayonnaise - low fat	4.00	table spoon
Salsa - Chunky medium, Pace	5.00	table spoon
Spaghetti sauce - mushroom, Ragu, 'Homestyle'	0.50	cup
Syrup - Aunt Jemima, ButterLite	4.00	table spoon
<b>Misc. Meats</b>		
Flank - fat trimmed off, braised	16.00	ounce(s)
<b>Noodles &amp; Pastas</b>		
Spaghetti - whole wheat, cooked, Health Valley	2.00	cup
<b>Performance Carbohydrates</b>		
Oatmeal - quick, measure uncooked	1.00	cup
Orange - medium	1.00	each
<b>Protein Snack Foods (Healthy)</b>		
Cottage Cheese - 1% fat	5.00	cup
Tuna Solid White -Water reg. can	1.32	cup
<b>Proteins (Healthy)</b>		
Chicken Breast / White Meat	28.00	ounce(s)

Food	Quantity	Measure
Cod - Pacific, broiled	8.00	ounce(s)
Egg Whites - scrambled/boiled	34.00	each
Egg whole w/ yolk	2.00	each
Salmon - broiled	8.00	ounce(s)
<b>Red Meats - Standard</b>		
Beef, ground, lean, cooked, baked, medium	2.00	3 oz
<b>Starchy Carbohydrates (Healthy)</b>		
Hash browns - frozen, pan cooked	5.00	ounce(s)
Pierogies, Mrs. T's Frozen Foods, potato & cheddar	9.00	each
<b>Supplements/Vitamins</b>		
Mass Fuel - drink mix, Twin Lab	22.00	scoop
<b>Toppings</b>		
Croutons -plain	1.00	cup
<b>Vegetables</b>		
Broccoli, raw	2.00	1 spear (about 5" long)