



## Custom 28-Day Muscle Gain Shopping List

### **PROTEINS (Animal & Plant-Based)**

Item	Qty (for 4 weeks)
Chicken breast (boneless)	8–10 lbs
Ground turkey or bison	4–5 lbs
Canned tuna or salmon	6–8 cans
Eggs	3–4 dozen
Greek yogurt (plain, 2%)	8–10 large tubs (32 oz)
Cottage cheese (low-fat)	4–5 tubs
Whey protein isolate	1–2 lbs tub
Micellar casein protein	1 tub
Lentils (dry or canned)	2–3 lbs / 6 cans
Canned black beans	6–8 cans
Tofu or tempeh (optional)	2–3 blocks

### **CARBS & GRAINS (Slow-Digesting)**

Item	Qty
Brown rice	4–6 lbs
Quinoa	2–3 lbs
Whole-wheat pasta	2–3 lbs
Sweet potatoes	6–8 large
Rolled oats	2–3 lbs
Ezekiel or whole grain bread	2–3 loaves

Rice cakes (plain or lightly salted)	2–3 packs
Whole-grain tortillas	1–2 packs
Bananas	16–20
Berries (fresh or frozen)	4–5 lbs
Apples or oranges	10–12

## **VEGETABLES (Rotate Weekly)**

<b>Item</b>	<b>Qty (as needed weekly)</b>
Spinach or kale (fresh/bagged)	4–6 bags
Broccoli	2–3 heads per week
Zucchini	4–6 medium
Carrots	2–3 lbs
Bell peppers	6–8 total
Onions	4–5 medium
Tomatoes (cherry or Roma)	2–3 lbs
Frozen veggie mix	2–3 bags

## **HEALTHY FATS**

<b>Item</b>	<b>Qty</b>
Avocados	6–8 total
Natural peanut butter	1 jar (16–32 oz)
Almonds or walnuts	1–2 lbs
Chia or flax seeds	1 small bag
Olive oil (extra virgin)	1 bottle (16–32 oz)
Coconut oil or ghee (optional)	1 small jar



## SPICES, CONDIMENTS & EXTRAS

Item	Purpose
Hot sauce, mustard, salsa	Low-calorie flavor
Garlic powder, paprika, cumin, turmeric	Cooking
Soy sauce (low sodium)	Stir fry & seasoning
Salt & pepper	Basic needs
Cinnamon	Oats & shakes
Lemon juice or fresh lemons	Marinades, digestion boost



## SUPPLEMENTS (Optional, but Recommended)

Item	Dose
Creatine monohydrate	5g/day
Multivitamin	1/day
Fish oil (EPA/DHA)	2–3 softgels/day
Digestive enzymes (optional)	1 with heavy meals



## Pro Tips:

- **Buy in bulk** for rice, oats, protein powders, and canned goods.
- **Prep weekly** to avoid waste (freeze proteins in portions).
- Rotate 2–3 veggies and carb sources each week to keep variety.