

Vic's

Grocery List



(Print Out & Take With You!)

At the time of this writing, I'm working 12 - 15 hour days 6 days per week. The list below is my real deal grocery list - the one I actually used just 3 days ago to prepare my meals for the week. It could be better in some regards for sure, but it's pretty good for my current situation. Explanations follow certain items as needed. . .

Meats

Boneless Skinless Chicken Breasts.

Sweet Italian Turkey Sausage.

Vegetables

Pre cut Broccoli.

Bagged Spinach.

Cucumber.

Grape Tomatoes.

Celery.

Fresh Fruits

Apples.

Bananas.

Pears.

Pre-cut fruit salad (pineapple, melon, grapes).

Eggs & Dairy

Carton of Egg Beaters.

6 eight ounce cartons of organic chocolate milk.

Grains

Jasmine White Rice.

Nuts

Raw Almonds.

Raw Walnuts.

Natural Peanut Butter.

Frozen Foods

Frozen Homefried Potatoes.

Frozen Peppers and Onions.

Frozen Pre-Cooked Chicken Breast.

Frozen Green Beans.

Oil & Sauces

Olive Oil.

Balsamic Vinegar

Soy Sauce.

Minced Garlic.

Other

Bottle of Red Wine.

Ground Coffee.

Currently I'm training in the late morning or early after noon. I eat nothing except fruit and nuts (and coffee) until my workout. Immediately after the workout, I drink one of the chocolate milks. My very next meal will contain a small amount of carbohydrate rich food along with a protein source. I head home after the workout to walk the dog and eat lunch.

Lunch is either scrambled egg beaters with turkey sausage, peppers and onions and homefried potatoes, or stir fried chicken and broccoli with white rice. I head back to my gym after lunch and eat nothing but fruit, nuts, and maybe celery until I make it home at 9:30pm. My final meal is usually a spinach salad with grape tomatoes, cucumbers, grilled chicken, and vinaigrette that I mix myself. Sometimes the final meal is green beans with chicken or turkey sausage.

I play with the dog after dinner until about 10:00pm and often have a glass of wine while we play. I keep a bag of pre-cooked frozen chicken breasts in the freezer just in case I run out of protein sources before I can make it back to the store.

Feel free to print this out and take it with you to the grocery store...