3 Star Elevated Gym Bro Diet Meal Plan Shopping List

Proteins & Dairy

- Chicken Breast (2.5–3 lbs)
- Chicken Thighs (1 lb)
- Sirloin Steak (1–1.25 lb)
- Lean Ground Beef (1 lb)
- Ground Turkey (1 lb)
- Deli Turkey Slices (6–8 oz)
- Eggs (1 dozen)
- Liquid Egg Whites (16 oz carton)
- Nonfat Greek Yogurt (32 oz tub)
- Cottage Cheese (16 oz)
- Protein Powder (5–7 scoops)

Grains, Spices & Pantry

- Jasmine Rice (1 lb bag)
- Yukon or Russet Potatoes (3–4 lbs)
- Old-Fashioned Oats (1 container)
- Tortillas (1 pack)
- Bread or Wraps (1 small pack)
- Granola (1 small bag)
- Black Pepper
- Garlic Powder
- Oregano
- Chili Flakes
- Cinnamon

Fruits & Vegetables

- Apples (2)
- Bananas (3–4)
- Mixed Berries (1–2 cups)
- Lemons (2–3)
- Limes (1–2)
- Spinach (1 large bag)
- Arugula (1 small container)
- Cucumber (2)
- Tomatoes (2–3)
- Bell Peppers (2–3)
- Onion (1–2)
- Green Beans (1 bag)
- Garlic (1 bulb)

Healthy Fats & Condiments

- Feta Cheese (1 small block)
- Shredded Cheese (1 small bag)
- Peanut Butter (1 small jar)
- Olive Oil (1 small bottle)
- Honey
- Soy Sauce
- Teriyaki Sauce
- Buffalo Sauce
- Hot Sauce
- Ketchup
- Mustard
- Vinegar