



J3U Bodybuilding Budget Grocery List

(~4,000 kcal / ~260g protein per day)



Protein Sources

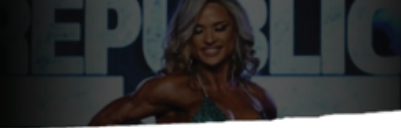
- Chicken breast – **2720 g** (6 lb)
- Eggs – **24 eggs**
- Nonfat Greek yogurt – **1800 g** (2 × 900 g tubs)
- Whey protein – **680 g (1.5 lb container)** (*used in diet but already at home*)

Carbohydrate Sources

- Jasmine rice – **907 g** (2 lb bag)
- Penne pasta – **454 g** (1 lb box)
- Bagels – **12 bagels**
- Quick oats – **500 g**
- Bananas – **~1000 g** (~7 bananas)

Fruits & Vegetables

- Frozen berry blend – **908 g** (2 × 454 g bags)
- Frozen spinach – **908 g** (2 × 454 g bags)
- Frozen mixed vegetables – **1360 g** (3 lb bag)



Healthy Fats

- Natural peanut butter – **425 g**
- Extra virgin olive oil – **250 m**

Extra Protein / Fiber

- Lentils – 454 g

Grocery Cost (From Receipt)

Subtotal: **\$76.90**

Tax: **\$0.22**

Total: **\$77.12**

(Whey protein not included because it was already at home.)

Meal 1

767 kcal – 58g Protein / 93g Carbs / 20g Fat

Food	Amount	Cost
Whey	35 g	\$1.26
Greek Yogurt	100 g	\$0.54
Oats	100 g	\$0.51
Berry mix	100 g	\$0.50
Peanut butter	25 g	\$0.22

Meal 1 total = \$3.03

Meal 2

791 kcal – 57g Protein / 100g Carbs / 17g Fat

Food	Amount	Cost
Chicken	160 g	\$1.12
Pasta	120 g	\$0.48
Veggie Mix	75 g	\$0.20
Spinach	100 g	\$0.39
Olive Oil	10 g	\$0.20

Meal 2 total = \$2.39

Meal 3

840 kcal – 55g Protein / 122g Carbs / 15g Fat

Food	Amount	Cost
Greek yogurt	200 g	\$1.08
Whey	25 g	\$0.90
Rice	300 g	\$1.11
Banana	1	\$0.17
Peanut butter	25 g	\$0.22

Meal 3 total = \$3.48



Meal 4

859 kcal – 45g Protein / 125g Carbs / 20g Fat

Food	Amount	Cost
Eggs	3	\$0.42
Bagels	2	\$1.32
Spinach	100 g	\$0.39
Berries	100 g	\$0.50

Meal 4 total = \$2.63

Meal 5

817 kcal – 51g Protein / 122g Carbs / 16g Fat

Food	Amount	Cost
Chicken	140 g	\$0.98
Rice	300 g	\$1.11
Veggie mix	100 g	\$0.26
Olive oil	10 g	\$0.20
Lentils	35 g dry	\$0.15

Meal 5 total = \$2.70



Total Daily Cost

Meal totals:

\$3.03

\$2.39

\$3.48

\$2.63

\$2.70

Total per day = \$14.23

Weekly Cost

$\$14.23 \times 7$

\$99.61 per week

Total Macros:

4073 kcal, 265g protein, 561g carbs, 88g fat