



CHOMP SHOPPER

MUSCLE BUILDING GROCERY LIST

BULKING

1 PERSON

7 DAYS

FREE PRINTABLE

WEEK OF _____

PRODUCE

7

- ☐ Bananas 2 bunches
- ☐ Potatoes 3 lbs
- ☐ Sweet potatoes 3
- ☐ Baby spinach 1 bag (5 oz)
- ☐ Broccoli 2 heads
- ☐ Onions 2
- ☐ Avocados 3

MEAT & SEAFOOD

3

- ☐ Chicken thighs 3 lbs
- ☐ 90% lean ground beef 2 lbs
- ☐ Salmon fillets 1 lb

DAIRY & EGGS

5

- ☐ Eggs 2 dozen
- ☐ Whole milk 1 gallon
- ☐ 2% plain Greek yogurt 32 oz
- ☐ Cottage cheese 16 oz
- ☐ Cheddar cheese 8 oz block

PANTRY

7

- ☐ Old-fashioned rolled oats 42 oz
- ☐ White rice 2 lb bag
- ☐ Pasta 2 lbs
- ☐ Granola 1 bag
- ☐ Peanut butter 16 oz jar
- ☐ Mixed nuts 16 oz
- ☐ Raisins 1 box

BAKERY

2

- ☐ Bagels bag of 6
- ☐ Whole-wheat tortillas 1 pack

FROZEN

2

- ☐ Frozen berries 2 bags
- ☐ Frozen mixed vegetables 1 bag

CANNED & JARRED

3

- ☐ Canned tuna 4 cans
- ☐ Canned black beans 2 cans
- ☐ Pasta sauce 1 jar

⌘ SKIP OR LIMIT

- "Light" and diet versions of everyday foods
- Skipping breakfast or long gaps between meals
- Fast food and sweets as your main extra calories
- Expecting supplements to replace meals

ADD CALORIES, NOT BULK

- Rice + a drizzle of olive oil
- Oats + a spoon of peanut butter
- Eggs + a little cheese
- Any meal + a glass of whole milk

MUSCLE-BUILDING PANTRY STAPLES

- ☐ Rolled oats
- ☐ Pasta
- ☐ Peanut butter
- ☐ Extra-virgin olive oil
- ☐ Canned tuna or salmon
- ☐ Pasta sauce
- ☐ Rice (cook a big batch)
- ☐ Granola
- ☐ Raisins or dried fruit
- ☐ Protein powder (optional)
- ☐ Canned black beans
- ☐ Mixed nuts or trail mix

SHOPPING TIPS

- 1 Protein at every meal**
About 20–40 g a meal, 1.4–2.2 g per kg a day. Add a starch and a veg.
- 2 Eat a small surplus**
About 10–20% more calories than you burn.
- 3 Gain slowly**
About 0.25–0.5% of body weight a week. Weigh in weekly.
- 4 Drink an extra meal**
Smoothie: milk, banana, oats, peanut butter, berries.
- 5 Batch cook**
Rice, potatoes and chicken. Freeze what won't keep 3–4 days.
- 6 Don't cut carbs**
Rice, oats and potatoes fuel your training.