

1200 Calorie High Protein Low Carb Diet Shopping List



Proteins

- 7 cups Egg whites (~42 eggs)
- 7 ounces low fat cheese (mozzarella)
- 7 cups nonfat (NF) plain Greek Yogurt
- 3.5 lbs Chicken breast
- 1.75 lbs lean ground beef (or turkey) 93%
- 7 scoops vanilla protein powder
- 6 Cups Almond Milk, vanilla unsweetened

Fruits

- 4 Cups Blueberries
- 2.5 Medium Bananas
- 5 cups strawberries
- 2.5 cups peach slices

Vegetables

- 14 C greens (any)
- 2 C spaghetti squash
- 1 cucumber
- 1 C Cabbage
- 1.5 Onion
- 1 Red Onion
- 4 cups broccoli
- 1 C Bell Peppers
- 4 med. zucchini
- 1 C Green Beans
- 4 C Mushrooms
- 1 C Cauliflower
- 6 Tomatoes
- 2 C Carrots

Misc

- 8 TBL Bolthouse Ranch Dressing
- 6 TBL Light Olive Garden Italian Dressing
- 3 TBL Peanut butter powder
- 12 oz Healthy Noodle
- 1 TBL Cocoa Powder
- 1 TBL Parmesan Cheese
- 3/4 cup spaghetti sauce