

A woman with blonde hair, wearing a dark jacket, is seen from the side, looking at a display of fresh vegetables in a grocery store. She is reaching out to touch a bunch of green leafy vegetables. The shelves are stocked with various produce, including bunches of yellow and purple carrots, red radishes, and several types of leafy greens like kale and lettuce. Price tags are visible on the shelves. The text 'SCULPT SHOPPING LIST' is overlaid on the image in a large, stylized font. 'SCULPT' is in white, and 'SHOPPING LIST' is in a bright cyan color with a brushstroke effect.

SCULPT SHOPPING LIST



**FIT BODY
SCULPT**

SHOPPING LIST

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Shopping List

Plan #1

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop! Also, what you need to buy will depend on if you're making the recipe or using the meal plan chart/sub list so, plan accordingly!

Produce:

1 avocado
2 onions
1 banana
1 large or 3-4 small gold potatoes
1 pint strawberries
Limes/lime juice
Salad veggies

Dairy:

Parmesan cheese
Lowfat cottage cheese
Feta cheese

Protein:

Pork tenderloin
Egg whites
Tilapia

Baking:

Honey
Stevia/Splenda
Worcestershire sauce
Coriander
Mini chocolate chips
Panko bread crumbs

Other:

1 box Honey Bunches of Oats (or any cereal with 6g sugar or less per serving)
Unsweetened almond milk
1 box Pop Tarts
White rice
1 can chipotle chilis in adobo sauce
Reduced sugar ketchup
Whole wheat tortillas (80 cals each)
Bolthouse Farms Cilantro Avocado yogurt dressing (or any light dressing)
Natural peanut butter
Sriracha
Mustard

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout

Shopping List

Plan #2

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

1 avocado
Romaine lettuce
Green onion
1 tomato
1 kiwi
1 green apple
1 banana
1 cucumber
Spinach/kale
Garlic
Cilantro
Assorted veggies

Dairy:

Plain fat-free Greek yogurt
Cheddar cheese
Greek yogurt cream cheese (or fat-free cream cheese)

Protein:

Egg whites
Eggs
Chicken breast
Turkey bacon

Baking:

Chia seeds
Ginger
Lemon sugar-free fat-free pudding powder
Stevia/Splenda

Other:

Natural peanut butter
Oats
Unsweetened almond milk
Canned pumpkin puree
1 box Lucky Charms (or any cereal)
White rice
Lite soy sauce/liquid aminos
Bolthouse Farms Ranch or Cilantro Avocado yogurt dressing (or any light dressing)
Sriracha

Supplements Needed:

IdealLean Protein

IdealLean BCAAs

IdealLean Pre-Workout

Shopping List

Plan #3

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

2 bananas
1 pint strawberries
1 garlic clove
1 yellow onion
1 green bell pepper
1 red bell pepper
Assorted veggies

Dairy:

Laughing Cow light cheese wedges
Plain fat-free Greek yogurt

Protein:

Top round/sirloin steak
Egg whites
Eggs
Chicken breast

Baking:

Butterscotch sugar-free fat-free pudding powder
Stevia/Splenda
Dark cocoa
Coconut extract
Sweetened shredded coconut
Mini chocolate chips
Coconut oil
Corn starch
Xanthan gum
White vinegar
Garlic powder
Onion salt

Other:

Ezekial bread
Whole wheat sandwich thins
Honey
Powdered peanut butter
Low-fat graham crackers
Sugar free caramel ice cream topping
16oz jar sliced pepperoncinis
Hummus
5oz can water chestnuts
Natural peanut butter
Unsweetened almond milk
White rice
Lite soy sauce/liquid aminos
Reduced sugar ketchup

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout
IdealLean Protein Bars

Shopping List

Plan #4

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

1 pint strawberries
1 medium sweet potato
Mango, frozen
Pineapple, frozen
1 avocado
1 banana
Assorted veggies

Dairy:

Low-fat cottage cheese
Greek yogurt cream cheese/fat-free cream cheese
Cheddar cheese

Protein:

Lean ground beef (90/10 or leaner)
Egg whites
Eggs
Chicken breast

Baking:

Stevia/Splenda
Dark cocoa
Cinnamon
Vanilla
Baking soda
Baking powder

Other:

Ezekial bread
Oats
Bolthouse Chunky Blue Cheese yogurt dressing
1 envelope ranch dip packet
Applesauce, no sugar added
12oz jar buffalo wing sauce
Plain rice cakes
Corn tortillas (approx 60 cals each)
Taco seasoning
Peanut butter
Unsweetened almond milk

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout
IdealLean Protein Bars

Shopping List

Plan #5

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

3 bananas
1 pint blueberries
1 onion
1 zucchini
1 tomato
Assorted veggies

Dairy:

Low-fat cottage cheese
Plain fat-free greek yogurt
Mozzarella cheese, shredded

Protein:

Lean ground beef (90/10 or leaner)
Egg whites

Baking:

Stevia/Splenda
Dark cocoa
Mini chocolate chips
Slivered almonds
Butterscotch sugar-free fat-free pudding powder
Dried basil
Coconut flour

Other:

Ezekial bread
Oats
Natural peanut butter
Unsweetened almond milk
Cream of rice/wheat
Powdered peanut butter
Bare Naked granola (or any granola with 8g sugar or less per serving)
White rice
1 10.75oz can tomato soup

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout
IdealLean Protein Bars

Shopping List

Plan #6

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

1 pint strawberries (or frozen strawberries)
1 sweet potato
1 onion
Garlic
1 lime
1 bunch cilantro
1 avocado
Assorted veggies

Dairy:

Plain fat-free Greek yogurt
Pepper jack cheese
Cheddar cheese

Protein:

Lean ground beef (90/10 or leaner)
Egg whites
Eggs
Chicken breast

Baking:

Stevia/Splenda
Dark cocoa
Mini chocolate chips
Extra virgin olive oil or coconut oil
Cumin
Oregano
Coriander
Salt
Vanilla
Unsweetened coconut

Other:

Oats
Natural peanut butter
Unsweetened almond milk
Plain rice cakes
Pretzels
Shelled peanuts
Honey
Simply Tostitos tortilla chips or other tortilla chips
2 cans great northern beans
1-3.5 oz can green chilies
32 oz box chicken broth
Reduced sugar ketchup
Mustard
Pickles
Powdered peanut butter
Sugar-free strawberry jam
Brown rice
Frozen hash browns, no oil added

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout
IdealLean Protein Bars

Shopping List

Plan #7

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

Any berries
Peach/pear/watermelon (your choice)
2 carrots
Celery
Scallions
1 onion
Garlic
1 avocado
Assorted veggies

Dairy:

Pepper jack cheese
Crumbled blue cheese
Cheddar cheese
Low-fat cottage cheese

Protein:

Eggs
Turkey bacon
Chicken breast
Turkey slices (deli meat is fine)

Baking:

Stevia/Splenda
Extra virgin olive oil or coconut oil
Xanthan gum (optional)
Paprika
Bay leaves
Chicken stock

Other:

Oats
Skinny Cow ice cream sandwiches
Ezekial bread
Cheddar rice cakes
Unsweetened almond milk
Whole wheat tortillas (80-100 cals)
Natural peanut butter
32oz box chicken stock
Buffalo wing sauce or hot sauce
15oz can crushed tomatoes
1 box whole wheat elbow macaroni
Powdered peanut butter

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout
IdealLean Protein Bars

Shopping List

Plan #8

NOTE: This is what you'll need at the store to prepare for this meal plan. Keep in mind you may already have many of these items and you may have left overs after one day on this plan. Make sure you check your fridge and cupboards before you shop!

Produce:

Strawberries
1 banana
Pico de gallo (optional)
Assorted veggies

Dairy:

Cheddar cheese
Mozzarella cheese
Dannon Light & Fit Greek yogurt, flavored

Protein:

Egg whites
Chicken breast
Turkey pepperoni

Baking:

Stevia/Splenda
Coconut oil
Vanilla sugar-free fat-free pudding powder

Other:

Unsweetened almond milk
Sugar-free Cool Whip
Plain Cheerios
Black beans
Simply Tostitos Tortilla chips or other tortilla chips
Jarred jalapenos (optional)
Pizza sauce (less than 3-4g sugar per 1/3 c)
Light salad dressing (approx 20 cal/tbsp. Bolthouse yogurt dressings are my favorite!)
Whole wheat tortillas/wraps (80-100 cal)
York Mini's or any low-fat candy (under 6g of fat for 150 calories worth)

Supplements Needed:

IdealLean Protein
IdealLean BCAAs
IdealLean Pre-Workout
IdealLean Protein Bars