

Comprehensive Bulking Diet Grocery List

Proteins

Chicken breast (skinless) - 3 oz (85g): 128 kcal, 26g P, 0g C, 2.7g F
Turkey breast (skinless) - 3 oz (85g): 135 kcal, 25g P, 0g C, 1.0g F
Salmon (wild) - 3 oz (85g): 177 kcal, 17g P, 0g C, 11g F
Canned tuna (in water) - 3 oz (85g): 99 kcal, 22g P, 0g C, 1.0g F
Eggs - 1 large: 72 kcal, 6g P, 0.4g C, 5g F
Egg whites - 3 large: 51 kcal, 11g P, 0.7g C, 0.2g F
Greek yogurt (non-fat, plain) - 1 cup (245g): 100 kcal, 17g P, 6g C, 0g F
Cottage cheese (low-fat) - 1 cup (210g): 206 kcal, 27g P, 6.1g C, 2.3g F
Tofu (firm) - 1/2 cup (126g): 94 kcal, 10g P, 2.3g C, 5.9g F
Whey protein powder - 1 scoop (30g): 120 kcal, 24g P, 2g C, 1.5g F
Ground beef (90% lean) - 3 oz (85g): 184 kcal, 22g P, 0g C, 10g F
Pork loin (lean) - 3 oz (85g): 165 kcal, 24g P, 0g C, 7g F
Shrimp - 3 oz (85g): 84 kcal, 20g P, 1g C, 0.3g F
Tempeh - 1 cup (166g): 320 kcal, 31g P, 16g C, 17g F
Edamame (cooked) - 1 cup (155g): 189 kcal, 17g P, 15g C, 8g F

Carbohydrates

Brown rice (cooked) - 1 cup (195g): 216 kcal, 5g P, 45g C, 1.8g F
Quinoa (cooked) - 1 cup (185g): 222 kcal, 8.1g P, 39g C, 3.6g F
Oats (rolled, dry) - 1/2 cup (40g): 154 kcal, 5g P, 27g C, 2.5g F
Whole wheat bread - 1 slice (28g): 81 kcal, 4g P, 13.8g C, 1.0g F
Sweet potato (baked) - 1 medium (130g): 103 kcal, 2.3g P, 24g C, 0.2g F
Banana - 1 medium (118g): 105 kcal, 1.3g P, 27g C, 0.3g F
Apple - 1 medium (182g): 95 kcal, 0.5g P, 25g C, 0.3g F
Broccoli (steamed) - 1 cup (156g): 55 kcal, 3.7g P, 11g C, 0.6g F
Spinach (raw) - 1 cup (30g): 7 kcal, 0.9g P, 1.1g C, 0.1g F
Lentils (cooked) - 1 cup (198g): 230 kcal, 18g P, 40g C, 1g F
Black beans (cooked) - 1 cup (172g): 227 kcal, 15g P, 41g C, 0.9g F
Chickpeas (cooked) - 1 cup (164g): 269 kcal, 15g P, 45g C, 4.2g F
Couscous (cooked) - 1 cup (157g): 176 kcal, 6g P, 36g C, 0.3g F
Ezekiel bread - 1 slice (34g): 80 kcal, 5g P, 15g C, 0.5g F

Fats

Olive oil - 1 tbsp (14g): 119 kcal, 0g P, 0g C, 13.5g F
Avocado - 1/2 medium (100g): 160 kcal, 2g P, 9g C, 15g F
Almonds - 1 oz (28g): 164 kcal, 6g P, 6g C, 14g F
Peanut butter (natural) - 1 tbsp (16g): 94 kcal, 4g P, 3g C, 8g F
Walnuts - 1 oz (28g): 185 kcal, 4.3g P, 3.9g C, 18.5g F
Chia seeds - 1 tbsp (12g): 58 kcal, 2g P, 5g C, 4g F

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Flaxseeds - 1 tbsp (10g): 55 kcal, 1.9g P, 3g C, 4.3g F

Cashews - 1 oz (28g): 157 kcal, 5g P, 9g C, 12g F

Pistachios - 1 oz (28g): 159 kcal, 6g P, 8g C, 13g F

Sunflower seeds - 1 oz (28g): 164 kcal, 6g P, 6g C, 14g F

Coconut oil - 1 tbsp (14g): 117 kcal, 0g P, 0g C, 13.6g F