Muscle-Gain Grocery + Meal Checklist

Lean surplus builder · staples + 4–5 eating occasions · pre-filled

Dishco
Alani lifestyle

STAPLE LISTS

Circle what you'll buy · skip what wilts in your fridge

Proteins

- [x] Chicken breast or thighs
- [x] Ground turkey / lean chicken
- [x] Eggs + Greek yogurt / cottage
- [ ] Fish (salmon, white fish, tuna)
- [ ] Lean beef (measured portions)
- [ ] Tofu or tempeh
- [ ] Optional whey when life gets loud

Carbs

- [x] Oats (breakfast repeats)
- [x] Rice or quinoa
- [x] Potatoes / sweet potato
- [ ] Pasta or tortillas (portioned)
- [x] Fruit — bananas, berries, apples

Fats

- [x] Extra-virgin olive oil
- [ ] Avocado (measured)
- [x] Nuts or nut butter
- [ ] Cheese with a clear scoop

Vegetables

- [x] Broccoli, peppers, spinach, salad mix
- [x] Frozen mixed veg (busy-week backup)
- [ ] Cucumbers, tomatoes, onions

LEAN SURPLUS DIAL

- Start near maintenance, then add ~200–400 cal
- Protein stays steady (25–40g across 4–5 slots)
- Prefer carbs near training before extra oils
- Watch weekly average — ~0.25–0.5% body wt / wk
- Small surplus, not a free-for-all

MEAL SLOTS (4–5 OCCASIONS)

Tick slots you'll repeat · sample day pre-filled below

- [x] **Breakfast** ~25–40g
  Oats + Greek yogurt + berries + nut butter
- [x] **Lunch** ~25–40g
  Chicken + rice + broccoli & peppers + olive oil
- [x] **Snack** ~25–40g
  Cottage cheese or yogurt cup + fruit
- [x] **Dinner** ~25–40g
  Turkey or tofu + sweet potato + big salad
- [x] **Evening** ~20–30g
  Greek yogurt or small shake if surplus short

Mix-and-match: 1 protein + 1 carb + veg + measured fat

PANTRY CHECK + SHOP ONCE

- [x] Cross off pantry items you already own
- [x] Shop once from circled staples
- [ ] No third jar of peanut butter this week
- [ ] One aisle list — or generate in Dishco

PROTEIN CUE REMINDER

- Aim ~25–40g protein per eating occasion
- Whole foods first; powder as backup
- Write the protein anchor before sauces
- Protect breakfast + lunch if evenings get chaotic

Soft next step: map this week in Dishco → turn the plan into a grocery list → shop once.

Not medical advice — personalize for your size, training, and preferences. Stick this on the fridge.