

The Masculine Foundry Meal Plan

Month 1 Meals								Shopping List				
Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 1	- [] Blueberries, - [] strawberries, - [] raspberries, - [] bananas (2 bunches), - [] apples (6-8), - [] oranges (4-6), - [] grapes (1 bag), - [] baby carrots (2 bags), - [] cucumbers (4), - [] bell peppers (6), - [] spinach (2 bags), - [] romaine (2),	- [] avocados (4-5), - [] zucchini (4), - [] mushrooms (1 carton), - [] sweet potatoes (4-5), - [] green beans (1 lb), - [] fresh cilantro, - [] parsley Eggs (2 dozen), - [] Greek yogurt (32 oz), - [] almond milk (2 cartons), - [] string cheese (pack), - [] hummus (1 tub) - [] Dark chocolate bar	Monthly Bulk Grocery List - [] Chicken breasts (10-12 lbs), - [] chicken thighs (8-10 lbs), - [] ground turkey (6-8 lbs), - [] ground beef (10 lbs), - [] pork tenderloin (4-6 lbs), - [] pork chops (6-8 lbs), - [] flank steak (4-6 lbs), - [] steak bites (6 lbs), - [] turkey bacon (3-4 packs), - [] turkey sausage (bulk pack), - [] eggs (5 dozen) - [] Mixed veggies (broccoli, peas, carrots, stir-fry blend), - [] frozen berries (blueberries, strawberries), - [] frozen cauliflower rice,	
	Lunch	Turkey lettuce wraps w/ avocado, cucumber	Beef taco bowl (rice, beans, salsa, lettuce)	Grilled chicken Caesar salad (GF croutons)	Quinoa bowl w/ chicken, broccoli, avocado, tahini	Turkey burger lettuce "buns" + sweet potato fries	Chicken cobb salad (egg, avocado, bacon, tomato)					Pork carnitas bowls (rice, avocado, salsa verde)
	Dinner	Garlic herb grilled chicken thighs, roasted sweet potatoes, green beans	Pork tenderloin, mashed cauliflower, asparagus	Steak fajitas, onions & peppers, corn tortillas	Pulled pork lettuce wraps + coleslaw	Beef stir-fry w/ broccoli, snap peas, carrots + rice	Garlic butter steak bites, roasted Brussels sprouts, quinoa					Baked chicken parmesan (GF breadcrumbs), zucchini noodles
	Snack	Apple slices + almond butter	Rice cakes + peanut butter + banana	String cheese + grapes	Hard-boiled eggs + cucumber	Cottage cheese + pineapple	Celery sticks + ranch					Nuts + dried fruit
Dessert	Dark chocolate strawberries	Coconut chia pudding w/ raspberries	Baked apples w/ cinnamon	GF brownies	Frozen Greek yogurt bark	GF chocolate chip cookies	Mango + coconut cream					
Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 2	- [] Pineapple chunks, - [] peaches (4-5), - [] mango (2), - [] grapes (1 bag), - [] cucumbers (4), - [] tomatoes (6), - [] romaine (2), - [] spinach (2 bags), - [] broccoli (2-3), - [] carrots (1 bag), - [] bell peppers (6),	- [] avocados (4), - [] cauliflower (1), - [] sweet potatoes (3-4), - [] cottage cheese (1 tub), - [] Greek yogurt (1 tub) - [] GF pretzels (1 bag), - [] almond butter (1 jar), - [] cocoa powder (small)	- [] Quinoa (big bag), - [] brown rice (big bag), - [] black beans (12-pack cans), - [] kidney beans (12-pack cans), - [] olive oil (large), - [] avocado oil (large), - [] almond butter (large jar), - [] peanut butter (large jar), - [] almonds (bulk bag), - [] GF pasta (multi-pack), - [] GF oats (large bag), - [] GF flour (large bag), - [] GF tortillas (multi-pack), - [] GF bread (multi-pack), - [] chia seeds (bulk), - [] protein powder (large tub)	
	Lunch	Steak + avocado salad	Beef lettuce tacos + salsa + guac	Chicken salad lettuce cups w/ celery + grapes	Turkey chili	Beef stir-fry over cauliflower rice	Steak taco salad (beans, avocado, salsa)					Chicken Mediterranean quinoa bowl
	Dinner	Turkey meatballs, spaghetti squash, marinara	Pork chops, roasted butternut squash, kale	Flank steak, chimichurri, roasted potatoes, asparagus	BBQ pulled pork + coleslaw + roasted corn	Lemon garlic chicken, roasted zucchini, wild rice	Teriyaki pork stir-fry + rice noodles					Beef & veggie stuffed peppers
	Snack	Baby carrots + hummus	GF pretzels + cheddar cubes	Rice cakes + sunflower seed butter	Bell peppers + guacamole	String cheese + apple	Greek yogurt + almonds					Hard-boiled eggs
Dessert	Banana "nice cream"	Cinnamon baked pears	Dark chocolate almonds	GF carrot cake muffins	Yogurt-covered frozen grapes	Chocolate avocado mousse	GF lemon bars					
Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 3	- [] Strawberries (1 lb), - [] blueberries (1 pint), - [] blackberries (1 pint), - [] bananas (2 bunches), - [] apples (6), grapes (1 bag), - [] baby carrots (2 bags), - [] cucumbers (4), - [] spinach (2 bags), - [] romaine (2), - [] avocados (4), - [] bell peppers (6),	- [] broccoli (2), - [] mushrooms (1 carton), - [] zucchini (3-4), - [] Greek yogurt (32 oz), - [] ranch dip (1 tub) - [] Peanut butter (1 jar), - [] GF granola	- [] cocoa powder (large container), - [] honey (large bottle) - [] shredded cheddar - [] Cheddar block - [] mozzarella sticks, - [] Milk - [] parmesan cheese (large container) - [] Poppi Sodas (2) - [] Kombucha (2) - [] Kid Protein Drinks	
	Lunch	Turkey zucchini meatballs + spaghetti squash	Beef taco salad	Pork lettuce wraps + sesame ginger sauce	Chicken avocado salad	Grilled steak salad	Chicken quinoa power bowl + avocado					Turkey BLT lettuce wraps
	Dinner	Pork tenderloin + garlic mashed potatoes + broccoli	Balsamic grilled chicken + Brussels sprouts + quinoa	Steak kabobs w/ peppers, onions, mushrooms + rice	Turkey chili + GF cornbread	Pork chops + mashed cauliflower + roasted carrots	Beef & broccoli stir-fry + rice noodles					BBQ pulled pork + roasted corn
	Snack	Cucumber slices + ranch	GF crackers + hummus	Cottage cheese + pineapple	Hard-boiled eggs	Rice cakes + PB	Apple + cheddar cheese					Mixed nuts
Dessert	Strawberries + whipped cream	Dark chocolate bark	Chocolate banana bites	Apple crisp (GF oats)	Chocolate chia pudding	GF brownies	Coconut macaroons					
Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 4	- [] Mixed berries (2 pints), - [] apples (6), - [] grapes (1 bag), - [] bananas (2 bunches), - [] peaches (3), - [] spinach (2 bags), - [] romaine (2), - [] cucumbers (4), - [] tomatoes (6), - [] avocados (4), - [] broccoli (2),	- [] cauliflower (1), - [] zucchini (3-4), - [] bell peppers (6), - [] sweet potatoes (4-5), - [] Greek yogurt (1 tub), - [] cottage cheese (1 tub) - [] GF bread (1 loaf), - [] Dark chocolate snack pack	- [] Tidepods - [] Dishwasher detergent - [] Toilet Paper - [] Diapers - [] Wipes - [] Paper Towels - [] Tissue boxes - [] Clorox Wipes	
	Lunch	Chicken Caesar salad (GF croutons)	Pork carnitas bowl + avocado + rice	Beef lettuce tacos	Steak fajita bowls + rice + avocado	Chicken cobb salad	Turkey burger lettuce wraps + sweet potato fries					Chicken quinoa salad + cucumber + tomato
	Dinner	Flank steak + chimichurri + zucchini	Lemon garlic chicken thighs + wild rice + asparagus	Turkey meatballs + zucchini noodles	Baked chicken parmesan + zucchini noodles	Pulled pork lettuce wraps	Beef stir-fry + snap peas + rice					Garlic butter steak bites + Brussels sprouts + quinoa
	Snack	Carrots + hummus	String cheese + grapes	Celery sticks + ranch	Cottage cheese + peaches	Baby carrots + hummus	Hard-boiled eggs					GF pretzels + hummus
Dessert	Peach slices + yogurt	GF carrot cake muffins	Dark chocolate strawberries	Frozen grapes	GF chocolate chip cookies	Baked cinnamon apples	Mango + coconut cream					
						Day 8	Day 9					
						Egg muffins (spinach, turkey)	Avocado toast (GF bread) + fried eggs					
						Pork stir-fry + rice noodles	Steak taco bowls + beans, salsa, guac					
						Grilled chicken + roasted potatoes + asparagus	Pork tenderloin + zucchini + mashed cauliflower					
						Nuts + dried cranberries	String cheese + apple					
						Dark chocolate almonds	GF lemon bars					

The Masculine Foundry Meal Plan

Month 2 Meals							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Greek yogurt w/ strawberries + chia	Scrambled eggs + turkey bacon	Protein smoothie (mango, spinach, protein)	Omelet (mushrooms, spinach, cheddar)	GF oatmeal w/ blueberries, almond butter	Breakfast burrito (GF tortilla, eggs, salsa)	Smoothie bowl (banana, chia, almond butter)
Lunch	Chicken avocado salad	Pork carnitas lettuce wraps	Turkey burger patties + sweet potato fries	Steak fajita salad	Chicken cobb salad	Turkey zucchini meatballs + marinara	Beef taco salad
Dinner	Beef & veggie stir-fry over rice	Lemon herb chicken + roasted carrots + quinoa	Beef chili w/ beans + GF cornbread	Pulled pork + roasted cauliflower + green beans	Pork stir-fry + broccoli + rice noodles	Grilled steak + roasted zucchini + potatoes	Garlic butter chicken + Brussels sprouts + quinoa
Snack	Apple slices + almond butter	GF crackers + hummus	String cheese + grapes	Cottage cheese + pineapple	Carrots + ranch	Baby carrots + hummus	Apple + cheddar
Dessert	GF brownies	Dark chocolate bark	Baked apples	Chocolate chia pudding	GF lemon bars	Coconut macaroons	Frozen grapes
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg muffins (spinach, turkey sausage)	Protein pancakes (GF flour, topped w/ raspberries)	Avocado toast (GF bread) + fried egg	Berry smoothie (almond milk, chia)	Veggie scramble (onion, peppers, mushrooms)	Omelet (ham, cheddar, spinach)	Greek yogurt parfait (GF granola, blueberries)
Lunch	Chicken quinoa bowl + avocado	Grilled turkey BLT lettuce wraps	Chicken Caesar salad (GF croutons)	Beef burrito bowls (rice, beans, salsa)	Pork carnitas bowl w/ avocado	Beef stir-fry + snap peas + rice	Chicken taco salad
Dinner	Pork chops + roasted carrots + mashed cauliflower	Flank steak + chimichurri + roasted peppers	BBQ pulled pork + slaw + roasted corn	Turkey chili + roasted zucchini	Grilled chicken + mashed potatoes + green beans	Pork tenderloin + roasted Brussels sprouts	Turkey meatballs + spaghetti squash
Snack	Hard-boiled eggs	Celery + PB	Mixed nuts	Rice cakes + sunflower seed butter	String cheese + apple	Baby carrots + hummus	Cottage cheese + peaches
Dessert	Dark chocolate strawberries	GF carrot cake muffins	Chocolate mousse	Banana "nice cream"	GF chocolate chip cookies	Baked pears	Dark chocolate almonds
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Protein smoothie (banana, cocoa, almond butter)	GF oatmeal w/ almond butter + strawberries	Breakfast burrito (eggs, turkey bacon, salsa)	Egg muffins (zucchini + turkey)	Smoothie (pineapple, spinach, protein powder)	Scrambled eggs + turkey sausage	GF protein pancakes + blueberries
Lunch	Steak lettuce wraps	Turkey chili	Chicken quinoa bowls	Beef taco salad	Chicken cobb salad	Steak avocado salad	Turkey lettuce wraps
Dinner	Lemon garlic chicken + wild rice + broccoli	Pulled pork + roasted butternut squash	Flank steak + fajita peppers + corn tortillas	Garlic butter pork chops + roasted broccoli	Turkey zucchini lasagna (GF noodles)	Balsamic grilled chicken + quinoa + asparagus	Pork carnitas + roasted corn + salsa verde
Snack	Hard-boiled eggs	Celery + ranch	Apple slices + PB	String cheese + grapes	Baby carrots + hummus	Cottage cheese + pineapple	Rice cakes + almond butter
Dessert	GF brownies	Frozen yogurt bark	Baked cinnamon apples	GF lemon bars	Dark chocolate bark	Chocolate chia pudding	Coconut macaroons
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Avocado toast (GF bread) + poached egg	Smoothie bowl (mango, banana, chia)	Omelet (spinach, peppers, cheddar)	Greek yogurt w/ raspberries + hemp seeds	Protein smoothie (cherries, cocoa, protein)	Scrambled eggs + turkey bacon	Overnight oats (blueberries, chia, almond milk)
Lunch	Beef burrito bowl	Chicken Caesar salad	Turkey burger lettuce wraps	Chicken avocado salad	Pork carnitas bowls	Steak taco salad	Chicken cobb salad
Dinner	Garlic butter steak bites + zucchini noodles	BBQ pulled pork + coleslaw	Pork stir-fry + broccoli + rice	Beef & broccoli stir-fry over rice	Baked chicken parmesan (GF crumbs) + zucchini noodles	Turkey chili + GF cornbread	Garlic butter pork chops + roasted asparagus
Snack	Hard-boiled eggs	Carrots + ranch	Apple + cheese stick	GF pretzels + hummus	Baby carrots + ranch	Cottage cheese + peaches	String cheese + apple
Dessert	GF brownies	Chocolate avocado mousse	Frozen grapes	Banana "nice cream"	GF chocolate chip cookies	Dark chocolate almonds	Apple crisp
Shopping List							
Week 1		- [] zucchini (4), - [] Strawberries, - [] blueberries, - [] bananas (2 bunches), - [] apples (6), - [] grapes (1 bag), - [] spinach (2), - [] romaine (2), - [] cucumbers (4), - [] bell peppers (6), - [] mushrooms (1 carton), - [] carrots (1 bag),		- [] broccoli (2), - [] sweet potatoes (3), - [] green beans (1 lb) - [] Eggs (2 dozen), - [] Greek yogurt (1 tub), - [] cottage cheese (1 tub), - [] almond milk (2) - [] GF granola - [] Dark chocolate bar		Monthly Bulk Grocery List - [] Chicken breasts (10–12 lbs), - [] chicken thighs (8–10 lbs), - [] ground turkey (6–8 lbs), - [] ground beef (10 lbs), - [] pork tenderloin (4–6 lbs), - [] pork chops (6–8 lbs), - [] flank steak (4–6 lbs), - [] steak bites (6 lbs), - [] turkey bacon (3–4 packs), - [] turkey sausage (bulk pack), - [] eggs (5 dozen) - [] Mixed veggies (broccoli, peas, carrots, stir-fry blend), - [] frozen berries (blueberries, strawberries), - [] frozen cauliflower rice, - [] Quinoa (big bag), - [] brown rice (big bag), - [] black beans (12-pack cans), - [] kidney beans (12-pack cans), - [] olive oil (large), - [] avocado oil (large), - [] almond butter (large jar), - [] peanut butter (large jar), - [] almonds (bulk bag), - [] GF pasta (multi-pack), - [] GF oats (large bag), - [] GF flour (large bag), - [] GF tortillas (multi-pack), - [] GF bread (multi-pack), - [] chia seeds (bulk), - [] protein powder (large tub) - [] cocoa powder (large container), - [] honey (large bottle) - [] shredded cheddar - [] Cheddar block - [] mozzarella sticks, - [] Milk - [] parmesan cheese (large container) - [] Poppi Sodas (2) - [] Kambucha (2) - [] Kid Protein Drinks	
Week 2		- [x] avocados (4), - [] cauliflower (1), - [] zucchini (3), - [] carrots (1) - [] grapes (1), - [] tomatoes (6), - [] spinach (2), - [] romaine (2), - [] broccoli (2), - [] Brussels sprouts (1 lb), - [] bell peppers (6),		- [] frozen berries (blueberries, strawberries), - [] frozen cauliflower rice, - [] Quinoa (big bag), - [] brown rice (big bag), - [] black beans (12-pack cans), - [] kidney beans (12-pack cans), - [] olive oil (large), - [] avocado oil (large), - [] almond butter (large jar), - [] peanut butter (large jar), - [] almonds (bulk bag), - [] GF pasta (multi-pack), - [] GF oats (large bag), - [] GF flour (large bag), - [] GF tortillas (multi-pack), - [] GF bread (multi-pack), - [] chia seeds (bulk), - [] protein powder (large tub) - [] cocoa powder (large container), - [] honey (large bottle) - [] shredded cheddar - [] Cheddar block - [] mozzarella sticks, - [] Milk - [] parmesan cheese (large container) - [] Poppi Sodas (2) - [] Kambucha (2) - [] Kid Protein Drinks		CLEANING & TOILETRIES - [] Tidepods - [] Dishwasher detergent - [] Toilet Paper - [] Diapers - [] Wipes - [] Paper Towels - [] Tissue boxes - [] Clorox Wipes	
Week 3		- [] mushrooms (1), - [] Raspberries (1 pint), - [] strawberries (1 lb), - [] bananas (2 bunches), - [] apples (6), - [] spinach (2), - [] romaine (2), - [] cucumbers (4), - [] avocados (4), - [] bell peppers (6),		- [] zucchini (3), - [] carrots (1), - [] green beans (1 lb) - [] Eggs (2 dozen), - [] Greek yogurt (1 tub), - [] cottage cheese (1 tub) - [] GF pretzels - [] Almond butter		- [] cauliflower (1), - [] Brussels sprouts (1 lb), - [] bell peppers (6), - [] zucchini (3) - [] Greek yogurt (1 tub), - [] cheese sticks (1 pack) - [] Chia seeds (1 bag), - [] GF bread (1 loaf) - [] Dark chocolate snack pack	
Week 4		- [] Blueberries (1 pint), - [] blackberries (1 pint), - [] peaches (3), apples (6), - [] grapes (1), - [] bananas (2 bunches), - [] spinach (2), - [] romaine (2), - [] cucumbers (4), - [] tomatoes (6), - [] avocados (4), - [] broccoli (2),		- [] bell peppers (6), - [] zucchini (3) - [] Greek yogurt (1 tub), - [] cheese sticks (1 pack) - [] Chia seeds (1 bag), - [] GF bread (1 loaf) - [] Dark chocolate snack pack			
Day 8				Day 9			
Veggie omelet (zucchini, onion, spinach)				Smoothie (banana, PB, protein)			
Beef fajita bowls				Turkey zucchini meatballs + salad			
Grilled chicken + wild rice + roasted carrots				Pork tenderloin + mashed cauliflower + broccoli			
Nuts + dried fruit				Carrots + hummus			
GF lemon bars				Chocolate mousse			