

Budget Grocery List for Hardgainers While Bulking

Protein

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- EGGS (WHOLE)
 - EGG WHITES
 - CHICKEN (BREASTS OF THIGHS)
 - BEEF (85/15 OR HIGHER)
 - PORK CHOPS / LOINS
 - GREEK YOGURT
 - CANNED TUNA
 - WHEY PROTEIN POWDER
 - COTTAGE CHEESE
 - PROTEIN BARS (AT LEAST 20G)
 - FATTIER CUTS OF MEAT
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Budget Grocery List for Hardgainers While Bulking

Carbs

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- CEREAL
 - OATMEAL
 - WHITE RICE
 - PANCAKE / WAFFLE MIX
 - ORANGE JUICE (OR ANY JUICE)
 - BREAD
 - CARB POWDER
 - HONEY
 - MAPLE SYRUP
 - POTATOES
 - PASTA
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Budget Grocery List for Hardgainers While Bulking

Fats & Treats

-
- NUTS (WHOLE / BUTTERS)
 - OLIVE OIL
 - BUTTER
 - ICE CREAM
 - POP TARTS / BAKED GOODS
 - AVOCADOS
 - WHOLE MILK

NOTE: YOU ARE STILL

FOLLOWING A LOWER FAT PLAN,

SO USE FATS ACCORDING TO

YOUR MACRO RATIOS
