

Food prices for an effective bodybuilder based in Mallorca

Two main meals:

One meal rich in veggies with cheese (broccoli/kale + 2 more of different colour)

Nuts + 2 – 3 fruits (preferably banana and oranges for testosterone)

Third of your own choice – make it nutrients rich, especially what you lack in first two meals. (preferably, whole grain pastry with seeds on top with some meat (not on daily basis though) and some carbs rich pasta or rice/potatoes) – you can get inspired by the photos used in the post (in my choice **sea fruits with healthy carbs** or you can cook at home)

How would a monthly budget look like?

The challenge was finding a place where everything could be outsourced. The main big store was called **Eroski** and it lacked some of the goods or the price and quantity was not in line.

Speaking of the price and quantity, one of the very simple and nutritious meals “pasta with tuna” was hard to obtain **tuna can** within a normal price range. Not hard but impossible in Eroski chain. The best deal was **3x60-80g package from 2,5 to 4€ which cost in Germany from 1,1 – 1,5€ for 195g**. Considering the sea is all over the place this is a rip-off.

The pasta and cheese prices were fine **0,5€ for 500g and 0,9 for 1000g** (pasta) and cheese **1,8€ for 400g** (geschnitten/not entirely sure about English term of sliced cheese) ketchup 500g 0,7€

The whole meal would be 10-15€ more expensive than in Germany if not outsourced otherwise. The best option would be buying 900g tuna can for 5€ which will be approx.. 0,5€ more expensive but lasts for 4 meals. This option would save 8-13€ monthly.

Peanuts were also more expensive 400g for 1,65€ vs 500g 1,3-1,5€

What was less expensive was the meat and probably saw the most cheapest water only 0,21€ for 1,5l. 1Kg of apples only 1,7€ which is good considering the prices of fruits went probably the most up. Just 1kg of orange is 2,4€ and bananas 1€. Avocados as low carbs and healthy fat rich meal 4€ for 1kg.

1kg of chicken breasts costed 7€ which is a good price for a 4 meals food along with rice 1kg for 1€ with 10x100g bags providing you also for 4 meals altogether 8€ for four great meals. On the other hand, **eating out would cost you from 8€ to 20€** when not going for junk food.

Also, **didn't find any frozen berries** mix just frozen strawberries and no reasonable price and quantity package for oats which is very bad because it belongs to one of the main meals used for everyday base (oats, berries, peanut butter + banana). Plus, no frozen 1kg package of frozen broccoli/kale only 360g of frozen broccoli twice the price you get 1kg for 2,35€.

If the food situation won't get cleared up than the internship is going turn out way more expensive because of the food.

You can also check Eroski site to get a clue about the prices:

<https://supermercado.eroski.es/en/search/results/?q=lata%20de%20atun&suggestionsFilter=false>