The Rock's Daily Diet

Dwayne Johnson's (The Rock) Diet Plan and daily grocery checklist. This is what he eats every day to maintain his size and health. Save this printable checklist PDF for free and bring it to the grocery store.



- [ ] 36 oz of Cod
- [ ] 12 Whole Eggs
- [ ] 2 Cups of Oatmeal
- [ ] 12oz Sweet Potato
- [ ] 4 Cups of Vegetables
- [ ] 8 oz of Chicken
- [ ] 6 Cups of White Rice
- [ ] 2 TBSP of Fish Oil
- [ ] 8 oz of Steak
- [ ] 12 oz Baked Potato
- [ ] Spinach Salad

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