

# High-Protein Grocery List

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Protein-rich foods

|                   | Item   | Amount |
|-------------------|--|--------|
| Meats             |  |        |
|                   | Chicken (breast, thighs)                         |        |
|                   | Turkey (ground, slices)                          |        |
|                   | Beef (lean cuts, ground)                         |        |
|                   | Pork (loin, chops)                               |        |
|                   | Other meats:                                     |        |
| Seafood           |  |        |
|                   | Salmon   |        |
|                   | Tuna (fresh, canned)                             |        |
|                   | Shrimp   |        |
|                   | Cod  |        |
|                   | Other seafood:                                   |        |
| Dairy and eggs    |  |        |
|                   | Greek yogurt                                     |        |
|                   | Cottage cheese                                   |        |
|                   | Eggs   |        |
|                   | Milk (or high-protein, plant-based alternatives) |        |
|                   | Other dairy and egg products:                    |        |
| Legumes and beans |  |        |
|                   | Lentils  |        |
|                   | Black beans                                      |        |
|                   | Chickpeas  |        |
|                   | Kidney beans                                     |        |
|                   | Other legumes and beans:                         |        |

|                          | Item                       | Amount |
|--------------------------|----------------------------|--------|
| Nuts and seeds           |                            |        |
|                          | Almonds                    |        |
|                          | Walnuts                    |        |
|                          | Chia seeds                 |        |
|                          | Flax seeds                 |        |
|                          | Other nuts and seeds:      |        |
| Whole grains             |                            |        |
|                          | Quinoa                     |        |
|                          | Oats                       |        |
|                          | Barley                     |        |
|                          | Buckwheat                  |        |
|                          | Other whole grains:        |        |
| Protein supplements      |                            |        |
|                          | Whey protein powder        |        |
|                          | Plant-based protein powder |        |
|                          | Protein bars               |        |
|                          | Other protein supplements: |        |
| Additional grocery items |                            |        |
|                          |                            |        |
| Reminders and notes      |                            |        |
|                          |                            |        |