

## High Protein Grocery List

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

### PROTEIN-RICH FOODS

#### Meats

Chicken (breast, thighs) - Amount:

Turkey (ground, slices) - Amount:

Beef (lean cuts, ground) - Amount:

Pork (loin, chops) - Amount:

Other meats - Amount: \_\_\_\_\_

#### Seafood

Salmon - Amount: \_\_\_\_\_

Tuna (fresh, canned) - Amount:

Shrimp - Amount: \_\_\_\_\_ Cod - Amount: \_\_\_\_\_

Other seafood - Amount: \_\_\_\_\_

#### Dairy and Eggs

Greek yogurt - Amount: \_\_\_\_\_ Cottage cheese - Amount: \_\_\_\_\_

Eggs - Amount: \_\_\_\_\_

Milk (or high-protein plant-based alternatives) - Amount:

Other Dairy and eggs - Amount: \_\_\_\_\_

#### Legumes and Beans

Lentils - Amount: \_\_\_\_\_ Black beans - Amount: \_\_\_\_\_

Chickpeas - Amount: \_\_\_\_\_ Kidney beans - Amount: \_\_\_\_\_

Other Legumes and beans - Amount: \_\_\_\_\_

#### Nuts and Seeds

Almonds - Amount: \_\_\_\_\_ Walnuts - Amount: \_\_\_\_\_

Chia seeds - Amount: \_\_\_\_\_ Flaxseeds - Amount: \_\_\_\_\_

Other Nuts and seeds - Amount: \_\_\_\_\_

#### Whole Grains

Quinoa - Amount: \_\_\_\_\_ Oats - Amount: \_\_\_\_\_

Barley - Amount: \_\_\_\_\_ Buckwheat - Amount: \_\_\_\_\_

Other whole grains - Amount: \_\_\_\_\_

**Protein Supplements**

Whey protein powder - Amount: \_\_\_\_\_

Plant-based protein powder - Amount: \_\_\_\_\_

Protein bars - Amount: \_\_\_\_\_

Other protein supplements - Amount: \_\_\_\_\_

**Additional Grocery Items**

**Reminders and Notes**