

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 | | |
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