

High Protein Grocery List

Name: Steve Jacob

Date: Jan 20, 2024

Protein-Rich Foods		
Meats		
	Item	Amount
<input checked="" type="checkbox"/>	Chicken (breast, thighs)	2 lbs
<input checked="" type="checkbox"/>	Turkey (ground, slices)	1.5 lbs
<input type="checkbox"/>	Beef (lean cuts, ground)	
<input checked="" type="checkbox"/>	Pork (loin, chops)	2 lbs
<input checked="" type="checkbox"/>	Other meats:	Venison, 1 lbs
Seafood		
<input checked="" type="checkbox"/>	Salmon	1 lb
<input checked="" type="checkbox"/>	Tuna (fresh, canned)	4 cans
<input checked="" type="checkbox"/>	Shrimp	1 lb
<input type="checkbox"/>	Cod	
<input checked="" type="checkbox"/>	Other seafood:	Mussels, 1 lb
Dairy and Eggs		
<input type="checkbox"/>	Greek yogurt	

<input type="checkbox"/>	Cottage cheese	
<input checked="" type="checkbox"/>	Eggs	1 dozen
<input checked="" type="checkbox"/>	Milk (or high-protein plant-based alternatives)	1 gallon almond milk
<input checked="" type="checkbox"/>	Other Dairy and eggs:	Brie, 1 wedge

Legumes and Beans

<input checked="" type="checkbox"/>	Lentils	1 lb
<input checked="" type="checkbox"/>	Black beans	2 cans
<input checked="" type="checkbox"/>	Chickpeas	2 cans
<input checked="" type="checkbox"/>	Kidney beans	1 can
<input type="checkbox"/>	Other Legumes and beans:	

Nuts and Seeds

<input checked="" type="checkbox"/>	Almonds	1 lb
<input checked="" type="checkbox"/>	Walnuts	1 lb
<input type="checkbox"/>	Chia seeds	
<input type="checkbox"/>	Flaxseeds	
<input type="checkbox"/>	Other Nuts and seeds:	

Whole Grains		
<input checked="" type="checkbox"/>	Quinoa	1 lb
<input checked="" type="checkbox"/>	Oats	1 lb
<input checked="" type="checkbox"/>	Barley	1 lb
<input type="checkbox"/>	Buckwheat	
<input checked="" type="checkbox"/>	Other whole grains:	brown rice, 1 lb bag
Protein Supplements		
<input type="checkbox"/>	Whey protein powder	
<input type="checkbox"/>	Plant-based protein powder	
<input checked="" type="checkbox"/>	Protein bars	6 bars
<input type="checkbox"/>	Other protein supplements:	

Additional Grocery Items
<p>Olive oil, 1 bottle</p> <p>Mixed veg, 4 bags</p> <p>Fresh fruits, whatever is in season</p>
Reminders and Notes
<p>Remember to check for dairy in ingredient lists due to allergy.</p> <p>Monitor gout symptoms and avoid triggers.</p> <p>Focus on variety in meals to maintain interest and nutritional balance.</p>