

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		