

High Protein Grocery List

Name:

Date:

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

<input type="checkbox"/>	Cottage cheese	
<input type="checkbox"/>	Eggs	
<input type="checkbox"/>	Milk (or high-protein plant-based alternatives)	
<input type="checkbox"/>	Other Dairy and eggs:	

Legumes and Beans

<input type="checkbox"/>	Lentils	
<input type="checkbox"/>	Black beans	
<input type="checkbox"/>	Chickpeas	
<input type="checkbox"/>	Kidney beans	
<input type="checkbox"/>	Other Legumes and beans:	

Nuts and Seeds

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

Whole Grains

<input type="checkbox"/>	Quinoa	
<input type="checkbox"/>	Oats	
<input type="checkbox"/>	Barley	
<input type="checkbox"/>	Buckwheat	
<input type="checkbox"/>	Other whole grains:	

Protein Supplements

<input type="checkbox"/>	Whey protein powder	
<input type="checkbox"/>	Plant-based protein powder	
<input type="checkbox"/>	Protein bars	
<input type="checkbox"/>	Other protein supplements:	

Additional Grocery Items

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Reminders and Notes

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