

HIGH PROTEIN STAPLES GROCERY LIST

| Pantry | Produce | Meat/Seafood* |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Canned beans Lentils Canned fish (tuna, salmon, sardines) Whole grains (farro, quinoa, oats, whole grain flours) Nuts and seeds (walnuts, almonds, pumpkin seeds) Nut butters Hulled hemp seeds Chia seeds | (Most vegetables have some protein in them, but for one serving it is pretty negligible. Veggies like potatoes, brussels sprouts, asparagus contain roughly 3g per 1 cup.) | Ground meat (grass fed beef, turkey, chicken) Pre-cooked or raw sausages Wild caught fish Rotisserie chicken Turkey or other deli meat (if you like to make sandwiches) Meat sticks (I love the Chomps brand) |
| Fridge* | Freezer | Additional |
| Eggs Plain whole milk Greek yogurt Whole milk cottage cheese Cheese (feta, goat, parm, cheddar) Tempeh and/or tofu Hummus | Edamame Frozen meats and fish | Protein powder |

*For all animal-based products, look for organic when possible. For beef, look for grass-fed. For fish, look for wild caught. For eggs and chicken, look for pasture-raised.