

Grocery LIST

MEAT / FISH

Chicken breast (3.5–4 lbs total)
Canned tuna or salmon (3–4 cans)

OTHER PROTEINS

Greek yogurt

Cottage cheese

Eggs

Protein powder

Hummus

Feta, tzatziki

GRAINS / CARBS

Quinoa

Brown rice

Oats

High-protein wraps/tortillas

High-protein pasta

WEEK

DATE

VEGETABLES

Broccoli

Mixed stir-fry vegetables

Bell peppers

Mushrooms

Cucumbers

Tomatoes

Spinach

Zucchini

FRUITS

Apples

Peaches

Pineapple

Berry mix

Lemon

PANTRY

Chia seeds or hemp seeds

Salsa, hot sauce, or dressing optional

Olive oil

Seasonings

Soy sauce