

#OLDSCHOOLSTRONG

A Healthy, HIGH-PROTEIN Grocery List

Options to help you create balanced meals and snacks throughout the week.

Protein-Rich Meats and Seafood:

- ✓ Chicken breast
- ✓ Turkey breast
- ✓ Lean ground beef or turkey
- ✓ Salmon
- ✓ Tuna
- ✓ Shrimp
- ✓ Tilapia
- ✓ Cod

Dairy and Eggs:

- ✓ Greek yogurt (plain or low-sugar)
- ✓ Cottage cheese
- ✓ Skim or low-fat milk
- ✓ Eggs
- ✓ Egg whites

Plant-Based Proteins:

- ✓ Tofu
- ✓ Tempeh
- ✓ Edamame
- ✓ Lentils
- ✓ Chickpeas
- ✓ Black beans
- ✓ Kidney beans

Nuts and Seeds:

- ✓ Almonds
- ✓ Walnuts
- ✓ Chia seeds
- ✓ Flax seeds
- ✓ Pumpkin seeds
- ✓ Sunflower seeds
- ✓ Hemp seeds

Grains:

- ✓ Quinoa
- ✓ Farrow
- ✓ Bulgur
- ✓ Barley
- ✓ Brown rice

Protein-Rich Vegetables:

- ✓ Spinach
- ✓ Kale
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Peas
- ✓ Asparagus

Protein Supplements:

- ✓ Protein powder (whey, casein, or plant-based)

Snacks:

- ✓ Protein bars (look for low-sugar options)
- ✓ Beef jerky or turkey jerky
- ✓ Hummus (for dipping with veggies)

Other Essentials:

- ✓ Canned tuna or salmon
- ✓ Low-sodium chicken or beef broth
- ✓ Nut butters (almond, peanut, or cashew)

Condiments and Spices:

- ✓ Low-sodium soy sauce
- ✓ Olive oil or avocado oil
- ✓ Spices (such as garlic powder, onion powder, cumin, and paprika)