



CHOMP SHOPPER

HIGH-PROTEIN GROCERY LIST

FREE PRINTABLE

LEAN PROTEIN

ABOUT 7 DAYS

2 ADULTS

WEEK OF _____

PRODUCE

10

- ☐ Broccoli 2 heads
- ☐ Green beans 1 lb
- ☐ Zucchini 3
- ☐ Salad greens 2 containers
- ☐ Cucumbers 2
- ☐ Bell peppers 4
- ☐ Onions 2
- ☐ Berries 2 containers
- ☐ Apples 4
- ☐ Extra-firm tofu 14 oz

CONDIMENTS

1

- ☐ Salsa 1 jar

MEAT & SEAFOOD

3

- ☐ Boneless chicken breast 3 lbs
- ☐ 93% lean ground turkey 2 lbs
- ☐ Cod or tilapia fillets 1 lb

DAIRY & EGGS

5

- ☐ Eggs 2 dozen
- ☐ Liquid egg whites 32 oz
- ☐ Plain nonfat Greek yogurt 2 × 32 oz
- ☐ Low-fat cottage cheese 24 oz
- ☐ String cheese pack of 12

SNACKS

1

- ☐ Roasted edamame 1 bag

PANTRY

4

- ☐ Dried lentils 1 lb
- ☐ Chickpea or lentil pasta 2 boxes
- ☐ Old-fashioned rolled oats 18 oz
- ☐ Quinoa 1 lb

FROZEN

3

- ☐ Frozen raw shrimp 1 lb bag
- ☐ Frozen shelled edamame 1 bag
- ☐ Mixed veg (no sauce) 2 bags

CANNED & JARRED

2

- ☐ Canned tuna in water 4 cans
- ☐ Canned black beans 2 cans

× LIMIT

- Fried and breaded meats
- High-salt processed meats (bacon, salami)
- Protein bars that are mostly sugar
- Sugary drinks and sweetened coffee

EASY SWAPS

- ~~Regular pasta~~ → Chickpea or lentil pasta
- ~~Some meat~~ → Tofu or tempeh
- ~~Regular yogurt~~ → Plain Greek yogurt or skyr
- ~~Sugary snacks~~ → Roasted edamame or chickpeas
- ~~Bars and shakes~~ → Whole foods

HIGH-PROTEIN PANTRY STAPLES

- ☐ Salsa
- ☐ Mustard and hot sauce
- ☐ Lentils (~18 g/cup cooked)
- ☐ Chickpea or lentil pasta
- ☐ Rolled oats (cook with milk)
- ☐ Quinoa
- ☐ Unsalted almonds
- ☐ Taco or Cajun spice blend
- ☐ Tuna in water (~20 g/3 oz)
- ☐ Canned chickpeas and beans
- ☐ Roasted edamame
- ☐ Beef or turkey jerky

SHOPPING TIPS

- 1 Protein first**
Then half the plate veg and a smaller portion of grains.
- 2 Start with breakfast**
Add protein one meal at a time, starting there.
- 3 Mix plant and animal**
Beans, tofu and edamame add fiber and cost less per gram.
- 4 Keep ready-to-eat protein**
Hard-boiled eggs, cottage cheese, Greek yogurt.
- 5 Watch the extras**
Cheese, nuts, oils and sauces add calories fast.
- 6 Know the numbers**
0.8 g per kg a day is the minimum, 1.0–1.2 g if over 65.