

THE ULTIMATE HIGH PROTEIN SHOPPING LIST

Everything you need for easy, delicious
and **protein-packed** meals.



LEAN MEATS

Protein-Packed Essentials

- ☐ Chicken Breast
- ☐ Turkey Breast
- ☐ Lean Beef (5% Fat)
- ☐ Extra Lean Mince (Beef)
- ☐ Chicken Mince
- ☐ Pork Tenderloin
- ☐ Veal
- ☐ Bison / Buffalo Meat



Choose lean cuts for maximum protein with less fat.



FISH & SEAFOOD

High in Protein & Omega-3s

- ☐ Salmon
- ☐ Tuna (in water)
- ☐ Cod
- ☐ Haddock
- ☐ Prawns / Shrimp
- ☐ Tilapia
- ☐ Mackerel
- ☐ Sardines
- ☐ Seabass
- ☐ Scallops



Aim for fatty fish 2–3x per week for optimal health benefits.



DAIRY & EGGS

High-Protein Dairy Favorites

- ☐ Greek Yogurt (0–2%)
- ☐ Skyr
- ☐ Cottage Cheese
- ☐ Quark
- ☐ Mozzarella (Light)
- ☐ Feta (Light)
- ☐ Parmesan
- ☐ Eggs
- ☐ Egg Whites
- ☐ Milk (1.5% or Skim)



Great for meals, snacks, baking and muscle recovery.



PLANT-BASED PROTEIN

Powerful Plant Protein Sources

- ☐ Tofu
- ☐ Tempeh
- ☐ Edamame
- ☐ Lentils
- ☐ Chickpeas
- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Quinoa
- ☐ Hemp Seeds
- ☐ Chia Seeds



Perfect for variety, fiber and long-lasting energy.



COMPLEX CARBOHYDRATES

Fuel Your Body the Right Way

- ☐ Oats
- ☐ Brown Rice
- ☐ Quinoa
- ☐ Sweet Potatoes
- ☐ Potatoes
- ☐ Whole Grain Pasta
- ☐ Buckwheat
- ☐ Whole Grain Bread
- ☐ Protein Pasta
- ☐ Rice Cakes



Choose whole foods for sustained energy and better performance.



VEGETABLES

Nutrient-Dense & Low in Calories

- ☐ Broccoli
- ☐ Spinach
- ☐ Kale
- ☐ Bell Peppers
- ☐ Zucchini
- ☐ Cucumbers
- ☐ Tomatoes
- ☐ Carrots
- ☐ Mushrooms
- ☐ Green Beans
- ☐ Asparagus



Fill half your plate with veggies at every meal.



FRUITS

Natural Sweetness & Micronutrients

- ☐ Blueberries
- ☐ Strawberries
- ☐ Raspberries
- ☐ Bananas
- ☐ Apples
- ☐ Oranges
- ☐ Kiwi
- ☐ Pineapple
- ☐ Mango
- ☐ Grapes



Great for snacks, smoothies and recovery.



HEALTHY FATS

Essential for Hormones & Satiety

- ☐ Avocados
- ☐ Olive Oil (Extra Virgin)
- ☐ Nuts (Almonds, Walnuts)
- ☐ Peanut Butter (100%)
- ☐ Almond Butter
- ☐ Flaxseeds
- ☐ Chia Seeds
- ☐ Pumpkin Seeds
- ☐ Hemp Seeds



Healthy fats support your brain, hormones and overall health.



PANTRY ESSENTIALS

Must-Haves for Easy, High-Protein Meals

- ☐ Olive Oil
- ☐ Soy Sauce (Low Sodium)
- ☐ Balsamic Vinegar
- ☐ Hot Sauce / Sriracha
- ☐ Mustard
- ☐ Tomato Passata
- ☐ Coconut Milk (Light)
- ☐ Herbs & Spices (e.g. Garlic Powder, Paprika, Oregano, Cumin, Chili Flakes)
- ☐ Salt & Pepper



Small ingredients, big impact on flavor and results!

PROTEIN INSIDER TOP 15 MUST-HAVES

- 1 Chicken Breast
- 2 Eggs
- 3 Skyr / Greek Yogurt
- 4 Cottage Cheese
- 5 Salmon
- 6 Tuna
- 7 Oats
- 8 Quinoa
- 9 Sweet Potatoes
- 10 Broccoli
- 11 Spinach
- 12 Almonds
- 13 Peanut Butter (100%)
- 14 Olive Oil
- 15 Protein Powder



Keep these staples in your kitchen and you're always ready for a high-protein meal!



SNACKS & PROTEIN BOOSTERS

Convenient, Tasty & High in Protein

- ☐ Protein Powder (Whey or Plant)
- ☐ Protein Bars (Low Sugar)
- ☐ Beef Jerky
- ☐ Canned Tuna / Salmon
- ☐ Rice Cakes
- ☐ Hüttenkäse / Cottage Cups
- ☐ Protein Pudding
- ☐ Roasted Chickpeas
- ☐ Nuts & Seeds Mix
- ☐ Edamame (Frozen)



Perfect for busy days, on-the-go or extra protein needs.



SHOP SMART, EAT STRONG

Plan ahead, buy quality, cook simple.
Your future self will thank you!



More Protein



More Energy



Better Results



Stronger You