

Protein Packed grocery Guide

Dairy & Eggs

- ☐ Cottage Cheese (fat free or 1%)
- ☐ Fairlife Milk
- ☐ Eggs
- ☐ Liquid Egg Whites
- ☐ Chobani Zero Sugar Greek Yogurt
- ☐ Oikos Triple Zero Greek Yogurt
- ☐ String Cheese or Cheese Sticks
- ☐ Babybel Cheese

Meat & Poultry

- ☐ Skinless Chicken Breast
- ☐ Ground Turkey (90% lean)
- ☐ Ground Beef (90% lean)
- ☐ Beef Eye of Round Roast
- ☐ Beef Loin
- ☐ Pork Loin or Chops
- ☐ Lower Sodium Deli Meat
- ☐ Rotisserie Chicken
(higher in sodium - enjoy in moderation)
- ☐ Simek's Turkey Meatballs

Freezer Finds

- ☐ Grilled Chicken Strips
- ☐ Yummy Chicken Breast Fries
- ☐ Shrimp or Salmon Fillets
- ☐ Veggie or Bean Burgers
- ☐ Frozen Edamame
- ☐ Protein Waffles (try Kodiak)
- ☐ Veggies Made Great Muffins
- ☐ Beyond Beef Crumbles

Grains With Protein

- ☐ Quinoa
- ☐ Farro
- ☐ Bulgur
- ☐ Banza Pasta
- ☐ Barilla Protein + Pasta
- ☐ Ezekiel Bread
- ☐ Mission Carb Balance Tortillas

High-Protein Snacks

- ☐ Greek Yogurt Cups
- ☐ Hard-Boiled Eggs
- ☐ Jerky (beef, turkey)
(higher in sodium - enjoy in moderation)
- ☐ Roasted chickpeas
(try Biana Chickpea Snacks)
- ☐ Protein Bars
(try RXBars or Think! bars)
- ☐ Protein Smoothies or Shakes
(try Chobani protein drinks)
- ☐ Cheese Sticks or Cubes
- ☐ Nutritional Yeast
- ☐ Catalina Crunch Snack Mix
(higher in sodium - enjoy in moderation)

Plant-Based Proteins

- ☐ Edamame (soybeans)
- ☐ Black Beans
- ☐ Chickpeas
- ☐ Lentils
- ☐ Tofu
- ☐ Tempeh
- ☐ Nuts & Seeds
(almonds, peanuts, sunflower seeds)
- ☐ Nut Butters (peanut butter, almond butter)
- ☐ Quinoa
- ☐ Veggie or Bean Burgers
- ☐ Protein Pasta (try banza)

Breakfast Boosters

- ☐ Eggs or Egg Whites
- ☐ Greek Yogurt
- ☐ Protein Oatmeal or Overnight Oats
(try Oats Overnight)
- ☐ Protein Pancakes or Waffles
(Try Best Choice or Flourish protein pancake mix)
- ☐ Cottage Cheese With Fruit
- ☐ Catalina Crunch Cereal

Seafood

- ☐ Salmon
- ☐ Tuna
- ☐ Shrimp
- ☐ Cod
- ☐ Tilapia
- ☐ Canned Salmon or Tuna
- ☐ Pouch Salmon or Tuna

Simple Protein Tips

Include protein at every meal to help keep you full and energized.
Don't forget snacks!

Mix it up with a blend of animal and plant proteins for variety.

Snack smart by pairing fruit or veggies with a protein source like yogurt, cheese sticks, or nut butter.

Plan ahead by prepping cooked chicken, hard-boiled eggs, or beans for easy add-ins during the week.

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

