



The Busy Mom's *High-Protein* Grocery List

Everything you need for easy, protein-packed meals in one trip. Check it off as you shop.

How to use *this list*

1 · PROTEIN FIRST

Pick 2–3 proteins for the week, then fill in carbs, fruit, veggies and fats around them.

2 · PREP ONCE

Cook a couple of proteins and one carb at the start of the week so meals come together in minutes.

3 · STOCK BACKUPS

Frozen veggies, frozen fruit, canned tuna and microwave rice save the busy nights.

Lean proteins

GRAMS OF PROTEIN

- | | |
|---|---|
| ☐ Chicken breast, skinless | 35 g protein
4 oz cooked |
| ☐ Ground turkey, 93% lean | 31 g protein
4 oz cooked |
| ☐ Lean ground beef, 93% lean | 33 g protein
4 oz cooked |
| ☐ Salmon | 25 g protein
4 oz cooked (Atlantic) |
| ☐ Cod or other white fish | 26 g protein
4 oz cooked (cod) |
| ☐ Canned tuna in water | 29 g protein
4 oz drained (light) |
| ☐ Firm tofu | 20 g protein
4 oz |

Dairy & eggs

GRAMS OF PROTEIN

- | | |
|---|---------------------------------------|
| ☐ Eggs | 6 g protein
1 large egg |
| ☐ Egg whites | 4 g protein
1 large white |
| ☐ Plain nonfat Greek yogurt | 17 g protein
6 oz container |
| ☐ Low-fat cottage cheese (2%) | 12 g protein
½ cup |
| ☐ Skim or low-fat milk | 8 g protein
1 cup (skim) |
| ☐ Part-skim mozzarella / string cheese | 7 g protein
1 oz |

My extras

this week

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Carbs & grains

GRAMS OF CARBS

- | | |
|--|--|
| ☐ Rolled or quick oats | 27 g carbs
½ cup dry |
| ☐ Rice (or microwave pouches) | 45 g carbs
1 cup cooked (white) |
| ☐ Potatoes & sweet potatoes | 37/24 g carbs
1 medium baked (white/sweet) |
| ☐ Winter squash (kabocha, delicata) | 18 g carbs
1 cup cubes, baked |
| ☐ Whole-grain bread | 14 g carbs
1 slice (whole wheat) |
| ☐ Whole-wheat tortillas | 19 g carbs
1 tortilla (whole wheat) |
| ☐ Quinoa | 39 g carbs
1 cup cooked |
| ☐ Lentils | 20 g carbs
½ cup cooked |
| ☐ Black beans | 20 g carbs
½ cup cooked |
| ☐ Whole-grain pasta | 35 g carbs
1 cup cooked |



Veggies

GRAMS OF CARBS

- ☐ Spinach or bagged salad greens **1 g carbs**
1 cup raw (spinach)
- ☐ Broccoli (fresh or frozen) **6 g carbs**
1 cup chopped, raw
- ☐ Bell peppers **7 g carbs**
1 medium, raw
- ☐ Cucumbers **2 g carbs**
½ cup sliced
- ☐ Cherry tomatoes **6 g carbs**
1 cup
- ☐ Zucchini **4 g carbs**
1 cup chopped, raw
- ☐ Eggplant **9 g carbs**
1 cup cubes, cooked
- ☐ Baby carrots **7 g carbs**
3 oz (about 8)
- ☐ Cauliflower (florets or riced) **5 g carbs**
1 cup chopped, raw
- ☐ Frozen stir-fry vegetable mix
- ☐ Edamame (shelled) **7 g carbs**
½ cup cooked

Healthy fats

GRAMS OF FAT

- ☐ Avocados **7 g fat**
¼ avocado (50 g)
- ☐ Olive or avocado oil (spray too) **14 g fat**
1 tbsp (olive)
- ☐ Almonds **14 g fat**
1 oz (about 23)
- ☐ Peanut butter **16 g fat**
2 tbsp
- ☐ Chia seeds **9 g fat**
1 oz

Fruits

GRAMS OF CARBS

- ☐ Berries (fresh or frozen) **21 g carbs**
1 cup (blueberries)
- ☐ Bananas **27 g carbs**
1 medium
- ☐ Apples **25 g carbs**
1 medium
- ☐ Clementines or oranges **10 g carbs**
1 small mandarin
- ☐ Grapes **27 g carbs**
1 cup
- ☐ Frozen mango or pineapple **25 g carbs**
1 cup (mango)

Snacks & extras

- ☐ Protein powder
- ☐ Protein bars
- ☐ Single-serve Greek yogurt cups
- ☐ Powdered peanut butter
- ☐ Zero-sugar syrups
- ☐ Beef jerky
- ☐ Rice cakes
- ☐ Popcorn kernels or light popcorn
- ☐ Dark chocolate
- ☐ Salsa, hot sauce & spice blends

About the numbers: each section shows the macro that matters most for it: **grams of protein** for proteins, dairy & eggs; **grams of carbs** for carbs, fruit & veggies; **grams of fat** for fats. Approximate, rounded, for the serving shown, from USDA FoodData Central (SR Legacy). Meat and fish are cooked weights (4 oz = 113 g); carbs are total carbohydrate; winter squash uses USDA's all-varieties value. Packaged foods like protein powder vary, so check the label. This list is general guidance, not medical advice.



Want this *done for you?*

Join my 1:1 coaching waitlist.

themacromethod.sites.tab.bot/apply.html

JOIN THE WAITLIST