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# High-Protein Diet Shopping List

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## Meat and Poultry

- Chicken breast
- Turkey breast
- Lean beef

## Fish and Seafood

- Salmon
- Tuna
- Cod
- Shrimp

## Vegetables

- Brussels sprouts
- Broccoli
- Spinach
- Kale
- Asparagus
- Peas
- Cauliflower
- Green beans

## Eggs and Dairy

- Eggs
- Greek yogurt
- Cottage cheese
- Whey protein powder
- Low-fat milk
- Feta cheese
- Mozzarella cheese

## Legumes and Beans

- Quinoa
- Lentils
- Black beans
- Chickpeas

## Cheese and Dairy Alternatives

- Cottage cheese
- Mozzarella cheese
- Greek yogurt
- Feta cheese

## Processed and Packaged Protein Snacks

- Beef jerky
- Turkey jerky
- Canned tuna
- Sardines

## Alternative Protein Sources

- Bison
- Quorn
- Seitan

## Grains and Seeds

- Oatmeal
- Brown rice
- Whole wheat bread



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

