

High-Protein Grocery List

50+ low-prep protein foods, plus 3 sample days.

Quick tip: Build meals with one protein, one fiber, one healthy fat.

No-cook and ready-to-eat

- Greek yogurt, skyr, cottage cheese
- Pre-cooked chicken strips, rotisserie chicken
- Tuna packets, salmon packets, smoked salmon
- Deli turkey, lean ham
- String cheese, cheese sticks
- Protein shakes, high-protein milk
- Hard-boiled eggs (store-bought)

Minimal-cook (10 minutes or less)

- Eggs, liquid egg whites
- Ground turkey/chicken/beef 93%
- Chicken thighs or tenders
- Frozen shrimp
- Canned beans and lentils (rinse)
- Tofu, tempeh
- Turkey or chicken burgers

Budget and shelf-stable

- Canned tuna/salmon/chicken
- Canned beans, chickpeas
- Peanut butter, almond butter, powdered PB
- Lentil or chickpea pasta
- Oats + whey or soy protein

High-protein snacks

- Jerky or biltong
- Protein bars (15–20 g protein, <8 g sugar)
- Edamame (frozen or dry-roasted)
- Roasted chickpeas
- Cottage cheese cups

Carbs to pair

- Pre-cooked rice cups, microwave quinoa
- Tortillas, pitas, whole grain bread

- Potatoes or sweet potatoes (microwave)
- Fruit: berries, apples, bananas

Fats to pair

- Olive oil spray
- Avocado
- Nuts and seeds
- Hummus

Smart swaps
Dairy-free: soy yogurt, pea-protein shakes, tofu
Gluten-free: rice cups, corn tortillas, potatoes
Budget: canned fish, eggs, dried beans, frozen thighs

3 sample busy-day menus

Day A (No-cook): Greek yogurt + berries; Tuna + avocado + rice cup; Jerky + apple; Rotisserie chicken tacos

Day B (10-min cook): Eggs + toast; Chicken tenders + quinoa + frozen veg; Cottage cheese cup; Shrimp stir-fry + rice cup

Day C (Vegetarian): Protein oats; Lentil pasta + marinara; Edamame + fruit; Tofu sheet-pan + potatoes + peppers

Prep hacks

- Buy pre-cut veggies and salad kits
- Keep rice cups, tuna packets, frozen veg on hand
- Cook once; portion twice
- Season with garlic powder, paprika, and lemon