

Grocery List for Successful Easy Meals

Grains and Starches (all to be batch cooked 2 cups dry made of each at a time to last the week)

Oats (large flake or steel cut)

Quinoa

Brown rice

Stonemill sprouted grain bread, silver hills or bakery Sourdough

Whole grain high protein wraps

Whole grain/lentil pasta

Sweet potatoes

Canned Beans/frozen shelled edamame (chickpeas, navy beans, lentils or mixed bean medley - rinse and drain and ready to eat)

Whole grain seed cracker (ie.marys)

Fats

Nuts and seeds of choice (almonds, walnuts, pumpkin, hemp, chia, flax)

Avocado

Olive oil/sesame oil

Natural Peanut or Almond butter

Pesto

Hummus or Edamame dip

Proteins (batch cook /sheet pan when possible)

Firm or Extra firm Tofu

Ground Turkey or chicken

Chicken breast or thighs

Canned Tuna, Salmon, sardines

Fresh/frozen Salmon/white fish

Frozen Shrimp or Shrimp Ring

Eggs

Carton Egg whites

Veg (purchase prepped, pre washed, frozen, or minimal prep options like baby carrots, celery, cucumbers, snap peas, peppers and cabbage mixes to add variety)

Broccoli

Cauliflower

Bagged slaws/salads

Bagged pre grated carrots

Greens of choice (pre-washed arugula, mixed greens, spinach, frozen kale?)

Green Beans (pre cut bagged ones are easier!)

Peppers

baby carrots

Cherry tomatoes

Garlic and onions?

Fruits (can swap in any fruit of choice ie kiwi, pears, peaches, frozen fruits)

Berries (fresh or frozen)

Banana

Oranges

Apple

Grapes

Dairy and alternatives (these are also PROTEIN CHOICES)

Cottage Cheese

Greek Yogurt Plain (0-2%)

Unsweetened Soy/Almond milk or regular milk

Cheese of choice (feta/cheddar)

Other

Protein powder (higher protein and higher in BCAA)

Simply Protein bars or Rx bars

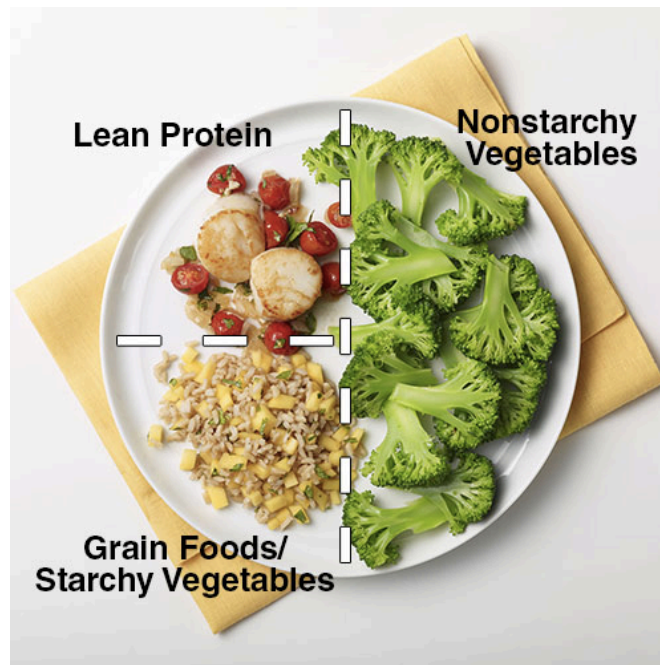
Balsamic or Apple cider vinegar

Popcorn?

Consider:

- Pre-chopping some veg
- Batch cooking a 1-2 grain/starches for the week
- Focusing on whole grain for breads, crackers, and wraps
- Make a breakfast plan with protein (yogurt/ cottage cheese, smoothie, high protein oats or overnight oats with protein powder+chia)
- Batch prep 1 or 2 proteins (HB eggs, chicken breasts)
- Include easy items like pre washed salad mixes and other veg, canned beans, deli meats tofu

Remember your PLATE METHOD





- Pics for inspiration

For meal balance choose:

- 1 protein choice from your list (3/4 c yogurt or cottage cheese, 1 egg+1/2 cup egg whites, 1/2 chicken breast, 1/3 block tofu, palm size portion meat, fish, 1/2 can tuna, 1 scoop protein powder)
- 1 fist sized portion whole grain or starch choice from the list (remember fruits are carbs too so they can be included here)
- 2 handfuls of colourful veggies
- Small portion (~thumb size portion fats (dressing, Avocado, cheese, nuts/seeds)

