

# Weekly grocery list template



All meals should have at least one item from both the protein and carbohydrate categories



## Proteins

Choose 3-4

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Examples:** Chicken, beef, shrimp, fish, meatballs, cottage cheese, Greek yogurt, lentil/bean pasta, beans (chickpeas, lentils), tofu, tempeh, eggs, sausages, veggie/beef burgers, etc.



## Carbohydrates and starches

Choose 3-4

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Examples:** Rice, quinoa, whole-wheat pasta, bread, crackers, sweet potatoes, white potatoes, pita, corn, tortillas, granola (Purely Elizabeth, Bear Naked), cereal (Seven Sundays, Three Wishes), etc.



## Fruits

Choose 2-3, fresh or frozen

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Examples:** Clementines, bananas, apples, pears, berries, mangos, grapes, cherries, etc.



## Non-starchy vegetables

Choose 2-4, fresh or frozen

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Examples:** Broccoli, cauliflower, cucumber, romaine, tomatoes, spinach, beets, zucchini, green beans, bell peppers, eggplant, etc.



## Dairy

Choose 1-3, if tolerated

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Examples:** Cottage cheese, Greek yogurt, 1-2% milk, shredded cheese, etc.



## Additional snacks and misc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_