

A WORKSHEET, NOT A MEAL PLAN

A high-protein grocery list

A short list of reliable proteins and fallback foods I keep nearby – so low-hunger days don't quietly become no-food days.

HOW IT'S ORGANIZED

By where the food lives at home, not by food group. Numbers are rough protein per ordinary serving – round, not precise.

FRIDGE ANCHORS

Open the fridge and one of these is there.

- ☐ Greek yogurt or skyr ≈17 g
- ☐ Cottage cheese ≈25 g
- ☐ Rotisserie chicken ≈25 g
- ☐ Eggs or egg whites ≈6 g ea
- ☐ Deli turkey or ham ≈12 g
- ☐ Hard cheese ≈7 g
- ☐ _____
- ☐ _____

FREEZER BACKUPS

For the week the fridge runs thin.

- ☐ Turkey burgers ≈22 g
- ☐ Frozen chicken breast ≈25 g
- ☐ Pre-cooked meatballs ≈14 g
- ☐ Shelled edamame ≈17 g
- ☐ Frozen shrimp ≈20 g
- ☐ Salmon portions ≈22 g
- ☐ _____
- ☐ _____

PANTRY SUPPORT

Shelf-stable, low decision cost.

- ☐ Protein shakes ≈25 g
- ☐ Tuna or salmon packets ≈17 g
- ☐ Lentils or chickpeas ≈18 g
- ☐ Jerky or meat sticks ≈10 g
- ☐ Roasted soy nuts ≈12 g
- ☐ Peanut butter ≈7 g
- ☐ _____
- ☐ _____

A few reliable proteins in each category – enough that any meal can borrow from one of them.

Five low-effort meals to build from these

Nothing here needs a recipe. Each one borrows from the list above.

- 1 Greek yogurt, a handful of nuts, and a few berries. *Five minutes, no cooking.*
- 2 Cottage cheese on toast with tomato, olive oil, and salt. *Breakfast, lunch, or a late snack.*
- 3 Rotisserie chicken over microwave rice with a frozen vegetable. *The default low-energy dinner.*
- 4 Turkey burger and a slice of cheese, with whatever side is already in the fridge. *Skip the bun on a low-appetite day.*
- 5 Tuna packet, crackers, and a piece of fruit. *The “I forgot to eat” lunch.*