

# Macro Balanced Grocery List

by Sweat.Love.and.Macros

## Proteins:

Chicken Breast  
Turkey Breast  
Lean Ground Turkey,  
Chicken, Beef  
Lean Cut Steak  
Lean Cut Pork  
White Fish (Tilapia,  
Halibut, Cod)  
Pink Fish (Salmon, Trout,  
Tuna Steak)  
Shrimp  
Scallops  
Deli Meats(sliced tur-  
key, chicken, ham)  
Tuna in Water  
Whole eggs  
Egg whites  
NF/LF Greek Yogurt  
NF/LF Cottage Cheese  
Cheese: \_\_\_\_\_  
Tofu  
Tempeh  
Protein Powder: \_\_\_\_\_  
Protein Bars: \_\_\_\_\_

## Carbohydrates:

Rice  
quinoa  
potato  
oats  
Bread: \_\_\_\_\_  
Cereal: \_\_\_\_\_  
Pita bread: \_\_\_\_\_  
Wraps: \_\_\_\_\_  
Naan: \_\_\_\_\_  
Pasta  
Rice Cakes  
Butternut Squash  
rice pasta  
Lentils  
Beans

## Fats:

Almonds  
Cashews  
Macadamia  
Pecans  
Peanuts  
Walnuts  
  
Oils:  
Coconut  
Extra virgin olive oil  
Flaxseed  
Sesame  
  
Nut Butters:  
Almond  
Cashew  
Hazelnut  
Peanut  
  
Other:  
Avocado  
Bacon  
Hummus or Tahini  
Mayonaise  
Sour Cream

## Vegetables:

Asparagus      Peppers  
Artichoke      Radishes  
Broccoli      Snow Peas  
Brussel      Spaghetti Squash  
Cabbage      Tomatoes  
Carrots      Mushrooms  
Cauliflower      Zucchini  
Celery      **Greens:**  
Cucumber      Kale  
Cabbage      Spinach  
Chives      Lettuce  
Scallions      Mixed Greens  
Green Beans      Romaine

## Fruit:

Apple  
Peach  
Pear  
Berries (strawberries,  
blueberries,  
blackberries,  
raspberries)  
Banana  
Grapfruit  
Kiwis  
Grapes  
Pineapple

## Extras/Fun Foods:

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