



PROTEIN IDEA SHOPPING LIST

This is a list of high-protein foods but not the **ONLY** foods with protein.

This is also by no means an “approved shopping list,” you are allowed to (and should!) eat many foods beyond the ones listed below. This is just to get some ideas going.

This list is made up of mostly lean protein sources. We have left out suggestions such as bacon and pork since they are foods higher in fat than protein.

Animal-based

- Beef, bison, and buffalo
- Lean cuts of pork
and boar Lamb
- Goat
- Wild game, such as elk,
venison, caribou, moose
- Poultry such as

- chicken, turkey, duck
- Fish
- Seafood such as shrimp, squid,
octopus, lobster, crayfish
- Eggs and egg whites
- Dairy such as cottage
cheese or strained
Greek yogurt

Plant-based

- Beans,
- Lentils & chickpeas
(included pastas
made from
lentils/chickpeas)
- legumes
- Tempeh
- Tofu
- edamame
- Seitan

Supplement

- Protein powder such as whey, casein, egg, plant-based blends (e.g., pea protein, rice protein, hemp protein)