



## Weekly Shopping List

Week of: \_\_\_\_\_

Planned meals / theme: \_\_\_\_\_

- e.g. High-protein / Family meals / Busy week

### Protein (Anchor Category)

This is the most important section.

Checkbox format works best.

- Chicken breast / thighs
- Mince (beef / turkey)
- Eggs
- Greek yogurt
- Tinned tuna / salmon
- Protein powder (optional)
- Other: \_\_\_\_\_

### Carbs (Fuel)

Simple, repeatable staples.

- Rice
- Potatoes / sweet potatoes
- Pasta
- Oats
- Bread / wraps
- Fruit (bananas, apples, berries)
- Other: \_\_\_\_\_

### Vegetables (Volume & Micronutrients) Focus on

easy + frozen-friendly.

- Broccoli
- Peppers
- Spinach / greens
- Carrots
- Onions
- Frozen mixed veg
- Salad bag
- Other: \_\_\_\_\_