



## 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: \_\_\_\_\_