

Weekly Grocery Checklist for Fat Loss Meal Plan

Proteins

- Chicken breast (7–8 pieces)
- Salmon (5–6 fillets)
- Tilapia (2 fillets)
- Shrimp (2 lbs)
- Turkey breast slices or ground turkey (1–2 lbs)
- Lean beef (1 lb)
- Eggs (2 dozen)
- Egg whites (carton or 1 dozen extra eggs)
- Greek yogurt (large tub, plain unsweetened)
- Cottage cheese (2 tubs)
- Whey protein powder (vanilla or chocolate)
- Protein bars (low sugar, 15–20g protein)

Carbs

- Old-fashioned oats (1 large container)
- Quinoa (1 lb bag)
- Brown rice (1 lb bag)
- Sweet potatoes (4–5 medium)
- Ezekiel bread (1 loaf)
- Rice cakes (1 pack)
- Beans (black beans, chickpeas, lentils — 4 cans or dry equivalent)

Fats

- Avocados (3–4)
- Almonds (1 bag)
- Walnuts (1 small bag)
- Cashews (1 small bag)
- Peanut butter (natural, 1 jar)
- Almond butter (1 jar)
- Chia seeds (1 bag)
- Flax seeds (1 bag)
- Olive oil (1 bottle)
- Sunflower seeds (1 bag)

Veggies

- Spinach (2 bags or 1 large tub)
- Kale (1 bunch or bag)
- Broccoli (2 heads or 2 bags frozen)
- Cauliflower (1 head or bag frozen)
- Asparagus (2 bunches)

- Brussels sprouts (1 bag)
- Zucchini (3–4)
- Bell peppers (4–5)
- Cucumbers (2)
- Onions (2–3)
- Mushrooms (1 pack)
- Carrots (1 bag)
- Celery (1 bunch)
- Lettuce or mixed greens (1 bag)

Fruits

- Blueberries (1 pint)
- Strawberries (1 pint)
- Raspberries (optional, 1 pint)
- Apples (6–7)
- Bananas (3–4)
- Pears (2–3)
- Oranges (2–3)