

Grocery Store Foods

This is a list of high protein, easy to prepare products at the grocery store.

CHICKEN

- Meijer Chicken Sausage 130 calories 15 g protein
- Tyson Grilled & Ready Chicken Strips 110 calories 19 g protein
- Caulipower Chicken Tenders 110 calories 14 g protein
- Al Fresco Chicken Sausage 80 calories 10 g protein
- Oscar Mayer Deli Fresh Chicken Breast 50 calories 8 g protein
- Starkist Chicken Creations 80 calories 11 g protein
- Shredded Rotisserie Chicken 140 calories 21 g protein

TURKEY

- Jennie-O Ground Turkey 93/7 (4oz) 170 calories 21 g protein
- Jennie-O 90% Lean Turkey Burger 230 calories 25 g protein
- Jennie-O Oven-Ready Homestyle Turkey 110 calories 20 g protein
- Meijer Lean Turkey Burgers 170 calories 21 g protein
- Cooked Perfect Turkey Meatballs 140 calories 14 g protein
- Oscar Mayer Deli Fresh Turkey Breast 50 calories 9 g protein
- Ball Park Smoked White Turkey Franks 45 calories 6 g protein
- Hormel Turkey Pepperoni 70 calories 9 g protein
- Hormel Turkey Chili w/ Beans 220 calories 18 g protein
- Hormel Square Table Turkey Breast & Gravy 110 calories 21 g protein

FISH

- Star-Kist Tuna Creations 80 calories 17 g protein
- Star-Kist Tuna Salad Single Serving 80 calories 13 g protein
- Chicken of the Sea To-Go Cups 70 calories 15 g protein
- Chicken of the Sea Salmon Pouches 70 calories 15 g protein
- Cedar Bay Atlantic Salmon Burgers 160 calories 16 g protein
- Trident Alaska Salmon Burgers 130 calories 14 g protein
- Bumble Bee White Crabmeat 80 calories 16 g protein

RED MEAT

- Hormel Square Table Beef Roast & Savory Sauce 210 calories 27 g protein
- Hormel Square Beef Tips & Gravy 170 calories 17 g protein
- Frozen Beef Patty (90% lean) 175 calories 21 g protein
- Aidell's Smoked Andouille Sausage 160 calories 15 g protein
- Applegate Naturals Hot Dogs 100 calories 7 g protein

PLANT-BASED

- Morningstar Farms Grillers Prime 150 calories 16 g protein
- Boca Veggie Crumbles 60 calories 11 g protein
- Gardein Meatless Meatballs 150 calories 14g protein
- Impossible Beef Lite 180 calories 21 g protein
- Lightlife or Trader Joe's Tempeh 190 calories 19 g protein
- Trader Joe's Baked Teriyaki Tofu 190 calories 15 g protein
- Textured Vegetable Protein (TVP) 80 calories 12 g protein
- PB2 or PB Fit Peanut Butter Powder 60 calories 6 g protein
- Bush's Baked Beans, Zero Sugar 110 calories 7 g protein

BREAKFAST

- Red's Egg'Wich Turkey Sausage Sandwich 190 calories 17 g protein

- Johnsonville Turkey Sausage 70 calories 8 g protein
- Applegate Turkey Bacon 30 calories 5 g protein
- Jimmy Dean Simple Scrambles - Turkey Sausage 150 calories 18 g protein
- Jimmy Dean Delights – Turkey Sausage Bowl 240 calories 22 g protein
- Life Cuisine Tomato & Spinach Egg White Bites 190 calories 15 g protein
- Veggies Made Great Spinach Egg White Frittata 70 calories 5 g protein
- Just Crack An Egg Protein Packed 320 calories 20 g protein

MILK, CHEESE, AND MILK ALTERNATIVES

- Light Mozzarella String Cheese 50 calories 7 g protein
- Fairlife Milk (2% or less) ~100 calories 13 g protein
- Cottage Cheese (2% or less) 90 calories 13 g protein
- Silk Unsweetened Soy Milk 80 calories 7 g protein
- Ripple Original, Unsweetened 80 calories 8 g protein
- Silk Protein Nut Milk 130 calories 10 g protein

GREEK YOGURT

- Dannon Light & Fit 80 calories 12 g protein
- Oikos Triple Zero 100 calories 15 g protein
- Oikos Pro 140 calories 20 g protein
- Chobani Zero Sugar 60 calories 11 g protein
- Chobani Complete 130 calories 17 g protein
- 2 Good 80 calories 12 g protein
- Ratio Protein 170 calories 25 g protein

SNACKS

- Oscar Meyer P3 (*Turkey, Ham & Cheddar or Turkey, Bacon & Colby Jack*) 120 calories 11 g protein
- Lorissa's Kitchen Chicken Jerky 80 calories 10 g protein
- Jennie-O Turkey Sticks 25 calories 5 g protein
- Jack Link's Jerky 80 calories 12 g protein
- Emerald 100 Calorie Pack Almonds 100 calories 4 g protein
- Bada Bean Bada Boom Snacks 100 calories 7 g protein

CONVENIENCE MEALS

- Real Good Foods 250 calories 23 g protein
 - (*Chicken Enchiladas, Pizza Bites, Lasagna Bowl, Orange Chicken, General Tso's Chicken*)
- Park Street Deli (found at ALDI) ~200 calories 22 g protein
 - (*Artichoke Stuffed Chicken, Thai Coconut Chicken*)
- John Soules Foods – Chicken Fajitas 110 calories 19 g protein
- Kevin's Natural Foods Chicken 150 calories 23 g protein
 - (*Korean BBQ, Roasted Garlic, Chicken Marsala*)
- John Soules Foods – Beef Fajitas 120 calories 17 g protein
- Trader Joe's Balsamic Rosemary Beef Steak 220 calories 21 g protein
- Curly's Sauceless Pulled Pork 100 calories 13 g protein
- Big Shoulder's Pork Carnitas 110 calories 14 g protein

CONVENIENCE MEALS CONTINUED*

*Follow the 10% rule when checking labels.

- **Lean Cuisine Protein Kick** ~200 calories ~20 g protein
(*Steak Portabella, Meatloaf with Mashed Potatoes, Buffalo Style Chicken, Herb Roasted Chicken*)

- **Smart Ones** ~180 calories ~18 g protein
(*Slow Roasted Turkey Breast, Roasted Chicken with Herb Gravy, Ham and Cheese Scramble, Homestyle Beef Pot Roast, Crustless Chicken Pot Pie*)
- **Healthy Choice** ~200 calories +20 g protein
(*Grilled Chicken Pesto and Vegetables, Verde Chicken, Simply Grilled Chicken Marsala, Chicken and Vegetable Stir Fry, Spicy Beef Teriyaki Power Bowl, Chicken Marinara Power Bowl, Basil Pesto Chicken Power Bowl, Greek-Style Chicken Power Bowl, Spicy Black Bean and Chicken Power Bowl, Cajun-style Chicken and Sausage Power Bowl, Sesame Chicken with Zoodles*)

PROTEIN DRINKS/POWDERS

Core Power, Regular or Elite	Vega**
Fairlife Nutrition Plan	OWYN, Regular or Elite**
Muscle Milk, Genuine or Pro Series	Orgain**
Quest	Evolve Protein Shake**
Premier Protein/Premier Clear	Isopure
Meijer High Performance Shake	Gatorade Zero with Protein
Equate High Performance Shake	Protein2O
Pure Protein Complete Shake	

PROTEIN BARS

Quest Protein Bars
GHP Protein Bars
Protein One Bars (by FiberOne)
Built Bars
Pure Protein
NoCow Bars**
Nugo Slim**
Misfits**

PROTEIN CHIPS/CRACKERS

Quest Chips and Cheddar Crackers
GHP Chips
Flex Chips**
Pure Protein Puffs
Atkins Chips
Pure Protein Cheezy Crackers

** Plant-based protein products

SAUCES/CONDIMENTS/DRESSINGS/EXTRAS

Walden Farms Sauces and Dressing	Sugar-Free Coffee Syrups
G Hughes Sugar-Free Sauces	Torani, Jordan's Skinny Mix
Skinny Girl Salad Dressing	Hidden Valley Ranch Seasoning Mix
Bolthouse Farms Yogurt-Based Salad Dressing	Jello, Sugar-Free
Marzetti Simply Salad Dressing	Popsicles, Sugar-Free
Mustard, Hot Sauce, Taco Sauce	Sugar-Free Pancake Syrup
Spices, Herbs, Extracts	Sugar Substitutes
<i>Taco seasoning, pepper, Mrs. Dash, garlic, etc.</i>	<i>Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose</i>

Whole Grains & Starches Ideas and Alternatives

These products are better options, but are not to be used as a primary source of protein.

HOT CEREALS (make with milk or protein drink for added protein)

- GHP Oatmeal 100 calories 14 g protein
- Oats Overnight (Amazon) 260 calories 20 g protein

- Kodiak Cakes Carb Conscious Oatmeal Packs 170 calories 12 g protein

COLD CEREALS (consume with milk or protein drink for added protein)

- GHP Cereal 120 calories 15 g protein
- Catalina Crunch Cereal 110 calories 11 g protein
- Special K Protein Cereal 210 calories 15 g protein
- Premier Protein Cereal 180 calories 20 g protein
- Kashi Go Keto Cereal 150 calories 12 g protein
- Magic Spoon Cereal 140 calories 13 g protein

PANCAKES

- GHP Pancake Mix 90 calories 15 g protein
- Birch Benders Protein Pancake and Waffle Mix 180 calories 16 g protein
- Trader Joe's Protein Pancake Mix 140 calories 10 g protein
- Premier Protein Frozen Pancakes 210 calories 15 g protein

PASTA

- Explore Asian Black Bean Spaghetti 180 calories 25 g protein
- Red Lentil (Barilla) or Chickpea (Banza) Pasta 180 calories 13 g protein
- Carba-Nada Egg Fettuccini 170 calories 15 g protein
- Barilla Protein Plus 190 calories 10 g protein
- Fiber Gourmet Pasta 110 calories 7 g protein
- Chef Woo Ramen Noodles 320 calories 20 g protein
- Zucchini Noodles or Spaghetti Squash (1/2 C) <25 calories <1 g protein
- Miracle Noodles 0 calories <1 g protein
- Hearts of Palm or Shirataki Pasta <20 calories <1 g protein

GRAINS

- Nature's Earthly Choice Easy Quinoa 170 calories 7 g protein
- Cauliflower Rice or Riced Vegetables (1/2 C) ~25 calories <1 g protein
- Liviva Rice Shaped Shirataki 15 calories <1 g protein
- Banza Chickpea Rice 170 calories 11 g protein
- Right Rice 180 calories 10 g protein

BREADS/TORTILLAS & ALTERNATIVES

- Aldi's Fit & Active Original Flatbread 90 calories 9 g protein
- Foldit 5 Grain Flax Flatbread 90 calories 7 g protein
- La Banderita or Misson Low Carb Tortillas 70 calories 5 g protein
- Egglife Wraps 30 calories 5 g protein
- Outer Aisle Cauliflower Sandwich Thins 50 calories 4 g protein
- Aldi Fit & Active Whole Wheat Bread 35 calories 3 g protein
- Lewis Bake Shop Keto Bread 40 calories 5 g protein
- Aunt Millie's Live Carb Smart ~45 calories 4 g protein
 - o 5 Seed Bread, Hamburger or Hot Dog Bun