



Busy Parent Grocery List



Protein (priority selection)

- Eggs / egg whites
- Rotisserie chicken
- Chicken breast or thighs
- Ground beef or turkey
- Salmon, shrimp, canned tuna
- Greek yogurt (plain or vanilla)
- Cottage cheese
- Protein powder
- Deli meat (low ingredient list)



Fruits (easy wins)

- Apples
- Bananas
- Berries (fresh or frozen)
- Oranges
- Grapes
- Frozen fruit for smoothies



Vegetables (low prep)

- Frozen veggie mixes
- Broccoli / cauliflower
- Bell peppers
- Spinach
- Zucchini
- Bagged salads
- Baby carrots



Carbohydrates (family friendly)

- Rice (white or brown)
- Potatoes / sweet potatoes
- Oats
- Pasta
- Bread or wraps
- Cereal (simple ingredients)



Healthy fats

- Olive oil
 - Avocados
 - Nuts or nut butter
 - Cheese
 - Butter (use intentionally)



Snack (protein-based)

- Greek yogurt cups
 - Protein bars
 - Beef jerky
 - Cottage cheese + fruit
 - Hard-boiled eggs



Beverages & Extras

- Coffee / tea
- Sparkling water
- Electrolyte packets
- Low-sugar sauces & spices