

Healthy Meal Prep Grocery List

Weight-Loss Friendly Essentials

Proteins

- Chicken breast or thighs
- Ground turkey
- Salmon or white fish
- Eggs
- Greek yogurt
- Cottage cheese
- Canned beans or lentils

Vegetables

- Broccoli
- Bell peppers
- Zucchini
- Spinach
- Green beans
- Cauliflower
- Onions

Healthy Carbohydrates

- Brown rice
- Quinoa
- Sweet potatoes
- Old-fashioned oats
- Black beans or chickpeas

Healthy Fats

- Olive oil



- Avocados
- Nuts (almonds, walnuts)
- Seeds (chia, flax, pumpkin)

Pantry & Extras

- Garlic
- Low-sodium broth
- Herbs and spices
- Apple cider vinegar
- Lemons

Tip: Choose foods you enjoy and adjust quantities based on your goals.

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EatMoveHealthy.com

