

# 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.

Eat Well. Move Daily. Live Healthy.

[EatMoveHealthy.com](http://EatMoveHealthy.com)

