

Cutting Grocery List

Proteins (Lean & High-Quality)

- Chicken breast (skinless, boneless) - 120 kcal/4 oz | 26g P | 0g C | 1.5g F
- Turkey breast - 135 kcal/4 oz | 30g P | 0g C | 1.5g F
- Egg whites - 17 kcal/1 large | 3.5g P | 0g C | 0g F
- Whole eggs - 72 kcal/1 large | 6g P | 1g C | 5g F
- Non-fat Greek yogurt - 100 kcal/1 cup | 20g P | 6g C | 0g F
- Low-fat cottage cheese - 80 kcal/1/2 cup | 13g P | 3g C | 2g F
- Cod (baked) - 90 kcal/3 oz | 20g P | 0g C | 1g F
- Canned tuna in water - 90 kcal/3 oz | 20g P | 0g C | 1g F
- Lean ground turkey (93%) - 170 kcal/4 oz | 22g P | 0g C | 8g F

Carbohydrates (Whole & Low-GI)

- Brown rice (cooked) - 216 kcal/1 cup | 5g P | 45g C | 1.5g F
- Quinoa (cooked) - 220 kcal/1 cup | 8g P | 40g C | 3.5g F
- Oats (cooked) - 150 kcal/1/2 cup | 5g P | 27g C | 3g F
- Sweet potatoes (baked) - 100 kcal/1/2 cup | 2g P | 23g C | 0g F
- Whole wheat bread - 80 kcal/1 slice | 4g P | 13g C | 1g F
- Ezekiel bread - 80 kcal/1 slice | 5g P | 15g C | 0.5g F
- Apples - 95 kcal/1 medium | 0g P | 25g C | 0g F
- Berries (mixed) - 70 kcal/1 cup | 1g P | 17g C | 0g F
- Broccoli (steamed) - 55 kcal/1 cup | 4g P | 11g C | 0.5g F

Healthy Fats

- Olive oil - 120 kcal/1 tbsp | 0g P | 0g C | 14g F
- Avocado - 160 kcal/1/2 medium | 2g P | 8g C | 15g F
- Almonds - 170 kcal/1 oz | 6g P | 6g C | 15g F
- Walnuts - 185 kcal/1 oz | 4g P | 4g C | 18g F
- Chia seeds - 140 kcal/2 tbsp | 5g P | 12g C | 9g F

Vegetables (High Fiber & Nutrient-Dense)

- Spinach - 20 kcal/2 cups raw | 2g P | 3g C | 0g F
- Kale - 35 kcal/1 cup chopped | 2g P | 7g C | 1g F
- Zucchini - 20 kcal/1 cup | 1g P | 4g C | 0g F
- Bell peppers - 30 kcal/1 medium | 1g P | 7g C | 0g F
- Cucumbers - 16 kcal/1 cup | 1g P | 4g C | 0g F

Optional (Convenience Items)

- Protein powder (whey isolate) - ~120 kcal/1 scoop | ~25g P | ~2g C | ~1g F
- Low-carb wraps - ~60 kcal/1 wrap | ~6g P | ~10g C | ~2g F