

plan, purchase, & prep

**Your complete guide to making
nutrition and dieting easier, faster,
and more enjoyable than ever.**

PLAN, PURCHASE, & PREP

When you think about grocery shopping, what comes to mind?

...loud, busy crowds of people in your way?

...tons of fresh, colorful, delicious produce?

...dirty carts with squeaky wheels that don't drive straight?

...cooking inspiration and day dreaming of dinner?

In one way or another, via one method or another, each of us relies on the food items we get from our local grocery stores.

Which means, in one way or another, via one method or another, each of us must navigate the grocery shopping experience - whether you like it or not!

In light of this, it only makes sense to put systems in place to make this experience as fast, easy, and enjoyable as possible. And since you'll be buying food anyway, it also makes sense to buy food items that support your fitness goals. There are no inherently "bad" foods of course, but some foods may be more of an obstacle than a helping hand in terms of your fat loss/muscle building goals.

On the following pages, you'll find the process that I use for creating a solid grocery list. You can adjust this process to your own needs, and adjust the resulting list based on your own goals and preferences!

*** I'm planning on writing up a follow-up chapter to this guide specifically dedicated to meal prep itself - what to do with all the groceries you bought via your new list! If this sounds like something that would be helpful for you, let me know so I can get to writing! ***

How to Write a Grocery Shopping List

1. WRITE OUT YOUR MEAL PRIORITIES.

Before you get to the meals themselves, it's important to determine what your priorities are for the week. What will help you most with your goals - fast meals? Cheap meals? Low effort meals? High protein meals? Meals with lots of variety?

→ **PRO TIP:** Choose and focus on your top 3 priorities. For example, 1. High protein, 2. Cheap, and 3. Low effort.

2. PLAN OUT YOUR MEAL INGREDIENTS.

This step will take the most time and effort, but is actually fairly simple if you did the first step. No need for complex meal plans either - keep it simple and straightforward. For each meal, choose a protein source to support muscle growth, a carb source for immediate energy, and a vegetable/fiber source for low calorie fullness. Add in fat sources for hormonal and cellular health.

→ **PRO TIP:** To keep shopping and prepping simple, it's easiest to eat the same breakfast, the same lunch, the same dinner, and the same snacks each day for a week or two at a time. If eating the same 3 or 4 meals each day for 7 days straight sounds like a chore, try it out and see how "terrible" it actually is. If you're a pro at tracking your macros already and variety is important to you, you can prep as many meals as you'd like!

3. PLAN OUT YOUR MEAL PORTION SIZES.

Knowing what foods you'll need to buy is a great start - knowing how much of each food item you'll need to buy is the next step! Input your ingredients for each meal (all ingredients, including cooking fats, condiments, etc.) into an app like MyFitnessPal. From here, you can fine tune the portions of each ingredient to match your daily calorie/protein goals. If you're eating/prepping the same 3 or 4 meals for each day of the week, you'll only have to do this step once - if you're eating different meals each day of the week, you'll need to repeat this step up to 7 total times.

→ **PRO TIP:** Calculating portion sizes is easiest when dealing with the

raw or uncooked amounts of food items. Because foods can either lose or gain moisture as they cook, raw or uncooked measurements is the most reliable way to ensure accurate portion sizes. Not only nutritionally, but raw or uncooked measurements will also be more helpful when shopping.

4. DO SOME QUICK MATH.

Now that you have your ingredients portioned out by meal, you'll need to extrapolate your numbers based on how many days' worth of meals you'll be shopping for. For example, if you're planning on eating 5 ounces of chicken breast each day, and you're shopping for the next 7 days, multiply it out and write down 35 ounces (2.19 pounds) of chicken breast on your shopping list.

→ **PRO TIP:** This strategy also helps you to stick to your budget. Rather than impulse buying random items or buying random amounts of the foods that are on your list, you can go into your trip confidently knowing how much you'll need to spend. You can also reverse engineer this process: you can start with a budget, then calculate how many days' worth of meals you can afford.

5. SHOP!

With a filled out list in hand, it's time to make it happen! On the following pages, you'll see a couple shopping list templates that you can download or print. They both have room for all the same items, but they're organized according to different categories: most people find it easiest to create their lists by food groups or macronutrient groups.

→ **PRO TIP:** If the actual trip to the grocery store stresses you out, chose the first list divided by food groups. This will help you navigate the store in the fastest, most efficient way. If the planning process is your main stressor, try using the second list divided by macronutrient groups. This will help you visualize how your list meshes with your goals and priorities. The third bonus list is categorized by food groups like the first, except it's also color coded by stores that have great deals/discounts!

GROCERY LIST - FOOD GROUPS

PRODUCE

- ☐ ___ Asparagus
- ☐ ___ Beller Peppers
- ☐ ___ Broccoli
- ☐ ___ Brussels Sprouts
- ☐ ___ Carrot
- ☐ ___ Cauliflower
- ☐ ___ Kale
- ☐ ___ Mixed Greens
- ☐ ___ Mushroom
- ☐ ___ Potato
- ☐ ___ Spinach
- ☐ ___ Sweet Potato
- ☐ ___ Yellow Onion
- ☐ ___ Zucchini

- ☐ ___ Apples
- ☐ ___ Avocado
- ☐ ___ Bananas
- ☐ ___ Berries
- ☐ ___ Grapes
- ☐ ___ Kiwi
- ☐ ___ Lemons/Limes
- ☐ ___ Mangos
- ☐ ___ Oranges
- ☐ ___ Peaches
- ☐ ___ Tomato
- ☐ ___ Watermelon

PROTEIN

- ☐ ___ Chicken Breasts
- ☐ ___ Chicken Thighs
- ☐ ___ Cottage Cheese
- ☐ ___ Deli Meats
- ☐ ___ Flank Steak
- ☐ ___ Ground Beef
- ☐ ___ Ground Turkey
- ☐ ___ Protein Bars
- ☐ ___ Protein Powder
- ☐ ___ Pork Tenderloin
- ☐ ___ Tilapia/Salmon
- ☐ ___ Tuna Can/Pouch

GRAINS

- ☐ ___ Bread
- ☐ ___ Oats
- ☐ ___ Rice
- ☐ ___ Rice Packets
- ☐ ___ Pasta
- ☐ ___ Quinoa
- ☐ ___ Tortillas

CANNED

- ☐ ___ Black/Kidney Beans
- ☐ ___ Corn

FROZEN

- ☐ ___ Fruit Variety Bag
- ☐ ___ Veg Steamer Bag

PANTRY

- ☐ ___ Almond Butter
- ☐ ___ Apple Cider Vinegar
- ☐ ___ Avocado Oil
- ☐ ___ Balsamic Vinegar
- ☐ ___ Black Pepper
- ☐ ___ Chicken Stock
- ☐ ___ Chili Powder
- ☐ ___ Garlic Powder
- ☐ ___ Italian Herbs
- ☐ ___ No Salt Seasoning
- ☐ ___ Olive Oil
- ☐ ___ Onion Powder
- ☐ ___ Peanut Butter
- ☐ ___ Red Pepper Flakes
- ☐ ___ Salt
- ☐ ___ Soy Sauce
- ☐ ___ Sriracha Hot Sauce
- ☐ ___ Steak Seasoning

DAIRY

- ☐ ___ Butter
- ☐ ___ Cheese Block
- ☐ ___ Eggs
- ☐ ___ Grated Parmesan
- ☐ ___ Greek Yogurt
- ☐ ___ Milk

GROCERY LIST - MACROS

PROTEINS

- ☐ ___ Chicken Breasts
- ☐ ___ Chicken Thighs
- ☐ ___ Cottage Cheese
- ☐ ___ Deli Meats
- ☐ ___ Eggs
- ☐ ___ Flank Steak
- ☐ ___ Grated Parmesan
- ☐ ___ Greek Yogurt
- ☐ ___ Ground Beef
- ☐ ___ Ground Turkey
- ☐ ___ Kodiak Baking Mix
- ☐ ___ Milk
- ☐ ___ Pork Tenderloin
- ☐ ___ Protein Bars
- ☐ ___ Protein Powder
- ☐ ___ Tilapia/Salmon
- ☐ ___ Tuna Can/Pouch
- ☐ _____

FIBER

- ☐ ___ Asparagus
- ☐ ___ Beller Peppers
- ☐ ___ Broccoli
- ☐ ___ Brussels Sprouts
- ☐ ___ Carrot
- ☐ ___ Cauliflower
- ☐ ___ Kale
- ☐ ___ Mixed Greens
- ☐ ___ Mushroom
- ☐ ___ Potato
- ☐ ___ Spinach
- ☐ ___ Sweet Potato
- ☐ ___ Yellow Onion
- ☐ ___ Zucchini
- ☐ _____

CARBS

- ☐ ___ Apples
- ☐ ___ Bananas
- ☐ ___ Berries
- ☐ ___ Black/Kidney Beans
- ☐ ___ Bread
- ☐ ___ Corn
- ☐ ___ Fruit Variety Bag
- ☐ ___ Grapes
- ☐ ___ Kiwi
- ☐ ___ Lemons/Limes
- ☐ ___ Mangos
- ☐ ___ Oats
- ☐ ___ Oranges
- ☐ ___ Pasta
- ☐ ___ Peaches
- ☐ ___ Quinoa
- ☐ ___ Rice
- ☐ ___ Rice Packets
- ☐ ___ Tomato
- ☐ ___ Tortillas
- ☐ ___ Veg Steamer Bag
- ☐ ___ Watermelon
- ☐ _____

FATS

- ☐ ___ Almond Butter
- ☐ ___ Avocado
- ☐ ___ Avocado Oil
- ☐ ___ Butter
- ☐ ___ Olive Oil
- ☐ ___ Peanut Butter
- ☐ _____

FLAVORS/MISC.

- ☐ ___ Apple Cider Vinegar
- ☐ ___ Balsamic Vinegar
- ☐ ___ Black Pepper
- ☐ ___ Cheese Block
- ☐ ___ Chicken Stock
- ☐ ___ Chili Powder
- ☐ ___ Garlic Powder
- ☐ ___ Italian Herbs
- ☐ ___ No Salt Seasoning
- ☐ ___ Onion Powder
- ☐ ___ Red Pepper Flakes
- ☐ ___ Salt
- ☐ ___ Soy Sauce
- ☐ ___ Sriracha Hot Sauce
- ☐ ___ Steak Seasoning
- ☐ _____

GROCERY LIST - STORES

PRODUCE

- ☐ ___ Asparagus
- ☐ ___ Beller Peppers
- ☐ ___ Broccoli
- ☐ ___ Brussels Sprouts
- ☐ ___ Carrot
- ☐ ___ Cauliflower
- ☐ ___ Kale
- ☐ ___ Mixed Greens
- ☐ ___ Mushroom
- ☐ ___ Potato
- ☐ ___ Spinach
- ☐ ___ Sweet Potato
- ☐ ___ Yellow Onion
- ☐ ___ Zucchini
- ☐ _____

- ☐ ___ Apples
- ☐ ___ Avocado
- ☐ ___ Bananas
- ☐ ___ Berries
- ☐ ___ Grapes
- ☐ ___ Kiwi
- ☐ ___ Lemons/Limes
- ☐ ___ Mangos
- ☐ ___ Oranges
- ☐ ___ Peaches
- ☐ ___ Tomato
- ☐ ___ Watermelon
- ☐ _____

PROTEIN

- ☐ ___ Chicken Breasts
- ☐ ___ Chicken Thighs
- ☐ ___ Cottage Cheese
- ☐ ___ Deli Meats
- ☐ ___ Flank Steak
- ☐ ___ Ground Beef
- ☐ ___ Ground Turkey
- ☐ ___ Pork Tenderloin
- ☐ ___ Protein Bars
- ☐ ___ Protein Powder
- ☐ ___ Tilapia/Salmon
- ☐ ___ Tuna Can/Pouch
- ☐ _____

GRAINS

- ☐ ___ Bread
- ☐ ___ Oats
- ☐ ___ Rice
- ☐ ___ Rice Packets
- ☐ ___ Pasta
- ☐ ___ Quinoa
- ☐ ___ Tortillas
- ☐ _____

CANNED

- ☐ ___ Black/Kidney Beans
- ☐ ___ Corn
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- ☐ ___ Red Pepper Flakes
- ☐ ___ Salt
- ☐ ___ Soy Sauce
- ☐ ___ Sriracha Hot Sauce
- ☐ ___ Steak Seasoning
- ☐ _____

DAIRY

- ☐ ___ Butter
- ☐ ___ Cheese Block
- ☐ ___ Eggs
- ☐ ___ Grated Parmesan
- ☐ ___ Greek Yogurt
- ☐ ___ Milk
- ☐ _____

*Orange = Warehouse stores (Costco, Sam's Club, Winco, etc.) for deals/discounts!