

Grocery Store Foods

This is a list of high protein, easy to prepare products at the grocery store.

CHICKEN

● Meijer Chicken Sausage	130 calories	15 g protein
● Tyson Grilled & Ready Chicken Strips	110 calories	19 g protein
● Caulipower Chicken Tenders	110 calories	14 g protein
● Al Fresco Chicken Sausage	80 calories	10 g protein
● Oscar Mayer Deli Fresh Chicken Breast	50 calories	8 g protein
● Starkist Chicken Creations	80 calories	11 g protein
● Shredded Rotisserie Chicken	140 calories	21 g protein

TURKEY

● Jennie-O Ground Turkey 93/7 (4oz)	170 calories	21 g protein
● Jennie-O 90% Lean Turkey Burger	230 calories	25 g protein
● Jennie-O Oven-Ready Homestyle Turkey	110 calories	20 g protein
● Meijer Lean Turkey Burgers	170 calories	21 g protein
● Cooked Perfect Turkey Meatballs	140 calories	14 g protein
● Oscar Mayer Deli Fresh Turkey Breast	50 calories	9 g protein
● Ball Park Smoked White Turkey Franks	45 calories	6 g protein
● Hormel Turkey Pepperoni	70 calories	9 g protein
● Hormel Turkey Chili w/ Beans	220 calories	18 g protein
● Hormel Square Table Turkey Breast & Gravy	110 calories	21 g protein

FISH

● Star-Kist Tuna Creations	80 calories	17 g protein
● Star-Kist Tuna Salad Single Serving	80 calories	13 g protein
● Chicken of the Sea To-Go Cups	70 calories	15 g protein
● Chicken of the Sea Salmon Pouches	70 calories	15 g protein
● Cedar Bay Atlantic Salmon Burgers	160 calories	16 g protein
● Trident Alaska Salmon Burgers	130 calories	14 g protein
● Bumble Bee White Crabmeat	80 calories	16 g protein

RED MEAT

● Hormel Square Table Beef Roast & Savory Sauce	210 calories	27 g protein
● Hormel Square Beef Tips & Gravy	170 calories	17 g protein
● Frozen Beef Patty (90% lean)	175 calories	21 g protein
● Aidell's Smoked Andouille Sausage	160 calories	15 g protein
● Applegate Naturals Hot Dogs	100 calories	7 g protein

PLANT-BASED

● Morningstar Farms Grillers Prime	150 calories	16 g protein
● Boca Veggie Crumbles	60 calories	11 g protein
● Gardein Meatless Meatballs	150 calories	14g protein
● Impossible Beef Lite	180 calories	21 g protein
● Lightlife or Trader Joe's Tempeh	190 calories	19 g protein
● Trader Joe's Baked Teriyaki Tofu	190 calories	15 g protein
● Textured Vegetable Protein (TVP)	80 calories	12 g protein
● PB2 or PB Fit Peanut Butter Powder	60 calories	6 g protein
● Bush's Baked Beans, Zero Sugar	110 calories	7 g protein

BREAKFAST

● Red's Egg'Wich Turkey Sausage Sandwich	190 calories	17 g protein
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• Johnsonville Turkey Sausage	70 calories	8 g protein
• Applegate Turkey Bacon	30 calories	5 g protein
• Jimmy Dean Simple Scrambles - Turkey Sausage	150 calories	18 g protein
• Jimmy Dean Delights – Turkey Sausage Bowl	240 calories	22 g protein
• Life Cuisine Tomato & Spinach Egg White Bites	190 calories	15 g protein
• Veggies Made Great Spinach Egg White Frittata	70 calories	5 g protein
• Just Crack An Egg Protein Packed	320 calories	20 g protein

MILK, CHEESE, AND MILK ALTERNATIVES

• Light Mozzarella String Cheese	50 calories	7 g protein
• Fairlife Milk (2% or less)	~100 calories	13 g protein
• Cottage Cheese (2% or less)	90 calories	13 g protein
• Silk Unsweetened Soy Milk	80 calories	7 g protein
• Ripple Original, Unsweetened	80 calories	8 g protein
• Silk Protein Nut Milk	130 calories	10 g protein

GREEK YOGURT

• Dannon Light & Fit	80 calories	12 g protein
• Oikos Triple Zero	100 calories	15 g protein
• Oikos Pro	140 calories	20 g protein
• Chobani Zero Sugar	60 calories	11 g protein
• Chobani Complete	130 calories	17 g protein
• 2 Good	80 calories	12 g protein
• Ratio Protein	170 calories	25 g protein

SNACKS

• Oscar Meyer P3 (<i>Turkey, Ham & Cheddar or Turkey, Bacon & Colby Jack</i>)	120 calories	11 g protein
• Lorissa's Kitchen Chicken Jerky	80 calories	10 g protein
• Jennie-O Turkey Sticks	25 calories	5 g protein
• Jack Link's Jerky	80 calories	12 g protein
• Emerald 100 Calorie Pack Almonds	100 calories	4 g protein
• Bada Bean Bada Boom Snacks	100 calories	7 g protein

CONVENIENCE MEALS

• Real Good Foods o (<i>Chicken Enchiladas, Pizza Bites, Lasagna Bowl, Orange Chicken, General Tso's Chicken</i>)	250 calories	23 g protein
• Park Street Deli (found at ALDI) o (<i>Artichoke Stuffed Chicken, Thai Coconut Chicken</i>)	~200 calories	22 g protein
• John Soules Foods – Chicken Fajitas	110 calories	19 g protein
• Kevin's Natural Foods Chicken o (<i>Korean BBQ, Roasted Garlic, Chicken Marsala</i>)	150 calories	23 g protein
• John Soules Foods – Beef Fajitas	120 calories	17 g protein
• Trader Joe's Balsamic Rosemary Beef Steak	220 calories	21 g protein
• Curly's Sauceless Pulled Pork	100 calories	13 g protein
• Big Shoulder's Pork Carnitas	110 calories	14 g protein

CONVENIENCE MEALS CONTINUED*

*Follow the 10% rule when checking labels.

• Lean Cuisine Protein Kick (<i>Steak Portabella, Meatloaf with Mashed Potatoes, Buffalo Style Chicken, Herb Roasted Chicken</i>)	~200 calories	~20 g protein
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- **Smart Ones** ~180 calories ~18 g protein
(Slow Roasted Turkey Breast, Roasted Chicken with Herb Gravy, Ham and Cheese Scramble, Homestyle Beef Pot Roast, Crustless Chicken Pot Pie)
- **Healthy Choice** ~200 calories +20 g protein
(Grilled Chicken Pesto and Vegetables, Verde Chicken, Simply Grilled Chicken Marsala, Chicken and Vegetable Stir Fry, Spicy Beef Teriyaki Power Bowl, Chicken Marinara Power Bowl, Basil Pesto Chicken Power Bowl, Greek-Style Chicken Power Bowl, Spicy Black Bean and Chicken Power Bowl, Cajun-style Chicken and Sausage Power Bowl, Sesame Chicken with Zoodles)

PROTEIN DRINKS/POWDERS

Core Power, Regular or Elite	Vega**
Fairlife Nutrition Plan	OWYN, Regular or Elite**
Muscle Milk, Genuine or Pro Series	Orgain**
Quest	Evolve Protein Shake**
Premier Protein/Premier Clear	Isopure
Meijer High Performance Shake	Gatorade Zero with Protein
Equate High Performance Shake	Protein2O
Pure Protein Complete Shake	

PROTEIN BARS

Quest Protein Bars
GHP Protein Bars
Protein One Bars (by FiberOne)
Built Bars
Pure Protein
NoCow Bars**
Nugo Slim**
Misfits**

PROTEIN CHIPS/CRACKERS

Quest Chips and Cheddar Crackers
GHP Chips
Flex Chips**
Pure Protein Puffs
Atkins Chips
Pure Protein Cheezy Crackers

** Plant-based protein products

SAUCES/CONDIMENTS/DRESSINGS/EXTRAS

Walden Farms Sauces and Dressing	Sugar-Free Coffee Syrups
G Hughes Sugar-Free Sauces	Torani, Jordan's Skinny Mix
Skinny Girl Salad Dressing	Hidden Valley Ranch Seasoning Mix
Bolthouse Farms Yogurt-Based Salad Dressing	Jello, Sugar-Free
Marzetti Simply Salad Dressing	Popsicles, Sugar-Free
Mustard, Hot Sauce, Taco Sauce	Sugar-Free Pancake Syrup
Spices, Herbs, Extracts	Sugar Substitutes
Taco seasoning, pepper, Mrs. Dash, garlic, etc.	Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose

Whole Grains & Starches Ideas and Alternatives

These products are better options, but are not to be used as a primary source of protein.

HOT CEREALS (make with milk or protein drink for added protein)

- GHP Oatmeal 100 calories 14 g protein
- Oats Overnight (Amazon) 260 calories 20 g protein

- Kodiak Cakes Carb Conscious Oatmeal Packs 170 calories 12 g protein

COLD CEREALS (consume with milk or protein drink for added protein)

- GHP Cereal 120 calories 15 g protein
- Catalina Crunch Cereal 110 calories 11 g protein
- Special K Protein Cereal 210 calories 15 g protein
- Premier Protein Cereal 180 calories 20 g protein
- Kashi Go Keto Cereal 150 calories 12 g protein
- Magic Spoon Cereal 140 calories 13 g protein

PANCAKES

- GHP Pancake Mix 90 calories 15 g protein
- Birch Benders Protein Pancake and Waffle Mix 180 calories 16 g protein
- Trader Joe's Protein Pancake Mix 140 calories 10 g protein
- Premier Protein Frozen Pancakes 210 calories 15 g protein

PASTA

- Explore Asian Black Bean Spaghetti 180 calories 25 g protein
- Red Lentil (Barilla) or Chickpea (Banza) Pasta 180 calories 13 g protein
- Carba-Nada Egg Fettuccini 170 calories 15 g protein
- Barilla Protein Plus 190 calories 10 g protein
- Fiber Gourmet Pasta 110 calories 7 g protein
- Chef Woo Ramen Noodles 320 calories 20 g protein
- Zucchini Noodles or Spaghetti Squash (1/2 C) <25 calories <1 g protein
- Miracle Noodles 0 calories <1 g protein
- Hearts of Palm or Shirataki Pasta <20 calories <1 g protein

GRAINS

- Nature's Earthly Choice Easy Quinoa 170 calories 7 g protein
- Cauliflower Rice or Riced Vegetables (1/2 C) ~25 calories <1 g protein
- Liviva Rice Shaped Shirataki 15 calories <1 g protein
- Banza Chickpea Rice 170 calories 11 g protein
- Right Rice 180 calories 10 g protein

BREADS/TORTILLAS & ALTERNATIVES

- Aldi's Fit & Active Original Flatbread 90 calories 9 g protein
- Foldit 5 Grain Flax Flatbread 90 calories 7 g protein
- La Banderita or Misson Low Carb Tortillas 70 calories 5 g protein
- Egglife Wraps 30 calories 5 g protein
- Outer Aisle Cauliflower Sandwich Thins 50 calories 4 g protein
- Aldi Fit & Active Whole Wheat Bread 35 calories 3 g protein
- Lewis Bake Shop Keto Bread 40 calories 5 g protein
- Aunt Millie's Live Carb Smart ~45 calories 4 g protein
 - o 5 Seed Bread, Hamburger or Hot Dog Bun