

Budget-Friendly | 150g+ Protein | Printable List

# The High-Protein Grocery List

*Hit 150g+ Protein Daily on a \$75 Budget*

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By **GrabGuides**

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## Why This List Works

Most grocery lists miss the point of a high-protein diet: you need affordable protein sources you'll actually eat. This list gives you 7 days of 150g+ protein meals for under \$75, using budget staples that work for muscle gain AND fat loss.

**150g+**

Daily Protein

**\$75**

Weekly Budget

**7**

Days of Meals

### [TIP] How to use this list

Print this page. Take it shopping. Buy store brands for everything marked with [GEN]. Frozen vegetables are always fine. Chicken thighs beat breasts on cost AND flavor.

## Proteins (\$35-40)

- Chicken thighs (boneless, skinless) - 4 lbs - \$10-12
- Ground turkey (93/7) - 2 lbs - \$8-10
- Eggs - 2 dozen [GEN] - \$6-8
- Greek yogurt (32oz plain, non-fat) [GEN] - \$5-6
- Canned tuna (in water) - 4 cans [GEN] - \$4-5
- Cottage cheese (16oz, low-fat) [GEN] - \$3-4

## Carbs & Fiber (\$10-15)

- Brown rice (2 lb bag) [GEN] - \$3-4
- Old-fashioned oats (42oz) [GEN] - \$4-5
- Whole wheat wraps (10-count) [GEN] - \$3
- Sweet potatoes (3 lb bag) - \$3-4
- Black beans (4 cans) [GEN] - \$3-4

## Vegetables & Fruit (\$15-20)

- Frozen broccoli (2 bags) - \$4
- Frozen mixed berries (2 bags) - \$6

- Baby spinach (16oz) - \$4
- Bell peppers (3-pack) - \$4
- Bananas (bunch) - \$2
- Onions (3 lb bag) - \$3

## Pantry & Extras (\$10)

- Olive oil (if needed)
- Protein powder (whey or plant-based)
- Low-sodium soy sauce
- Garlic powder, onion powder, paprika, cumin
- Salt, black pepper
- Lemons (2)

## Sample Day (Hitting 160g Protein)

Meal	Foods	Protein
Breakfast	4 eggs + 1 cup oats + berries	34g
Snack 1	Greek yogurt + 1 scoop protein	40g
Lunch	6oz chicken + 1 cup rice + broccoli	45g
Snack 2	1 can tuna + wrap + veggies	25g
Dinner	6oz ground turkey + sweet potato	38g

## Ready for the complete system?

*This free guide is a starting point.*

*The paid guide gives you the complete step-by-step system.*

### **Meal Prep Masterplan - \$15**

[grabguides.com/products/meal-prep-masterplan](https://grabguides.com/products/meal-prep-masterplan)

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