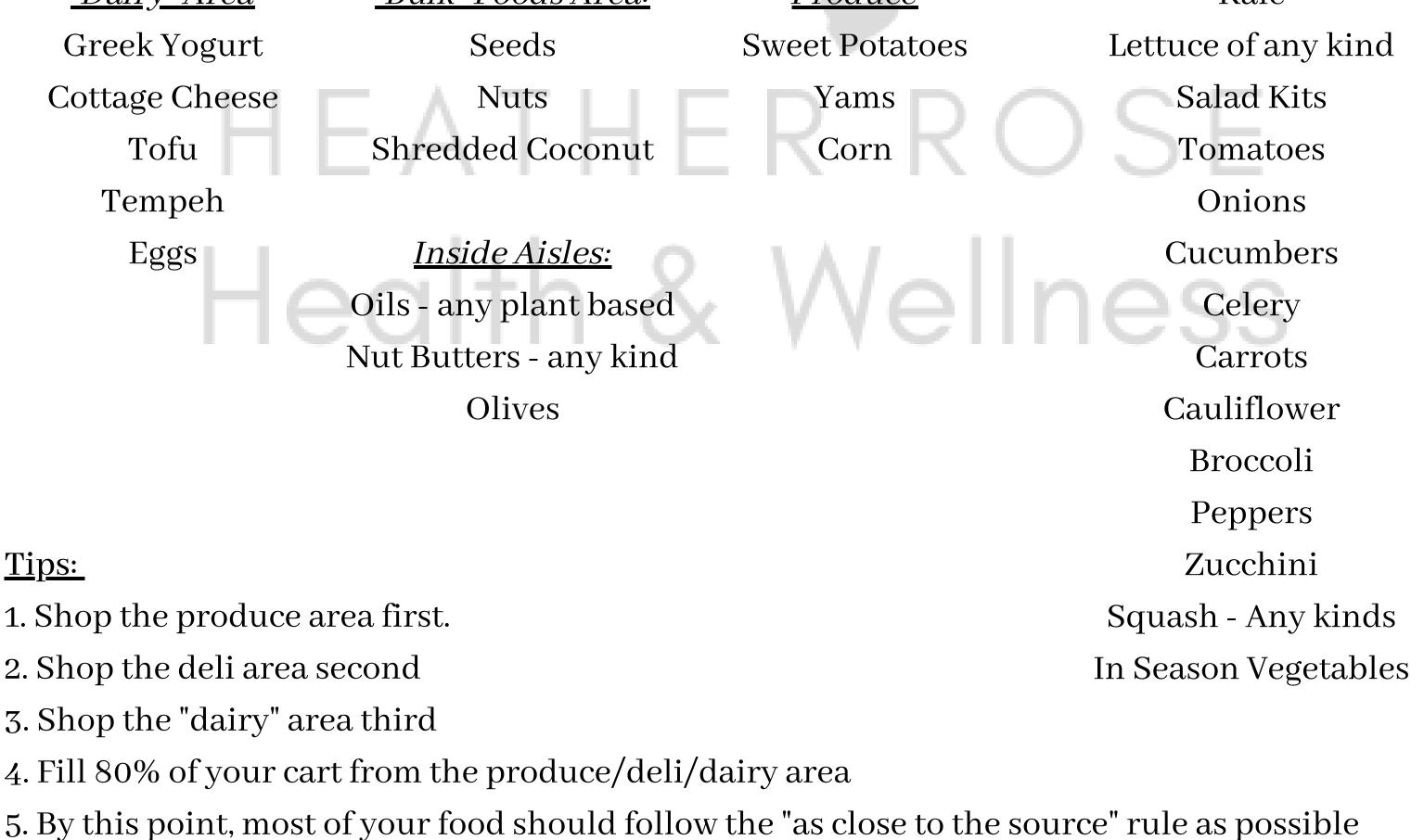
Macro-Based / Budget-Based Grocery Shopping List

Macro based foods are the items/ingredients that fall into your protein, carbs, and fat percentages of your meals, along with your "real food" ingredients in the produce section of your store. Your macro-based foods will be the foods that are "high volume" foods because they are dense in nutrients, yet low in calories such as kale and spinach.

<u>Protein</u> :	<u>Fat:</u>	<u>Carbs:</u>	<u>Misc.</u> :
<u>Deli Area</u>	<u>"Dairy" Area</u>	<u>"Grain" Aisle: Carbs</u>	<u> Produce: Fruits & Veggies</u>
Beef	Cheese	Rolled Oats	Berries
Turkey	Butter	Quinoa	Bananas
Salmon	Milk - Any kind	Rice	Apples
Chicken		Chickpeas	Oranges
Shrimp		Beans - any kind	In Season Fruit
		Lentils - any kind	
			Spinach
<u>"Dairy" Area</u>	"Bulk" Foods Area:	<u>Produce</u>	Kale



- 6. Shop the "bulk food" section next.
- 7. Then, only go into the aisles if you absolutely need to.
- 8. In the inside aisles, read labels carefully. If more than 5 ingredients, it's a no-go