

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.

Protein:

Deli Area

Beef
Turkey
Salmon
Chicken
Shrimp

Fat:

"Dairy" Area

Cheese
Butter
Milk - Any kind

"Bulk" Foods Area:

Seeds
Nuts
Shredded Coconut

Inside Aisles:
Oils - any plant based
Nut Butters - any kind
Olives

Carbs:

"Grain" Aisle: Carbs

Rolled Oats
Quinoa
Rice
Chickpeas
Beans - any kind
Lentils - any kind

Produce

Sweet Potatoes
Yams
Corn

Misc.:

Produce: Fruits & Veggies

Berries
Bananas
Apples
Oranges
In Season Fruit

Spinach
Kale
Lettuce of any kind
Salad Kits
Tomatoes
Onions
Cucumbers
Celery
Carrots
Cauliflower
Broccoli
Peppers
Zucchini
Squash - Any kinds
In Season Vegetables

Tips:

1. Shop the produce area first.
2. Shop the deli area second
3. Shop the "dairy" area third
4. Fill 80% of your cart from the produce/deli/dairy area
5. By this point, most of your food should follow the "as close to the source" rule as possible
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