



# Free Grocery List & Macro Cheat Sheet

Student-Friendly Shopping List — 30+ Budget Staples & Quick Protein Swaps

## ■ Protein Sources

- Chicken breast or thighs
- Ground turkey or lean beef
- Eggs & egg whites
- Canned tuna or salmon
- Greek yogurt (plain, nonfat)
- Tofu or tempeh
- Lentils, black beans, chickpeas
- Protein powder (whey or plant-based)

**Quick Swaps:** Swap ground beef → ground turkey | Swap regular yogurt → Greek yogurt | Add lentils or beans to pasta for a protein boost

## ■ Carbohydrate Staples

- Rice (white or brown)
- Pasta or noodles
- Oats (rolled or instant)
- Potatoes or sweet potatoes
- Bread or tortillas (whole grain)
- Frozen vegetables
- Cereal (low sugar)
- Rice cakes or crackers

**Macro Tip:** Combine carbs with protein for better energy and satiety.

## ■ Fruits & Veggies

- Bananas, apples, oranges
- Berries (frozen or fresh)

- Spinach, kale, mixed greens
- Carrots, peppers, onions
- Broccoli, cauliflower
- Avocado

**Budget Hack: Buy frozen fruits & veggies — cheaper, longer-lasting, and just as nutritious!**

## ■ Healthy Fats

- Olive oil or avocado oil
- Peanut butter or almond butter
- Nuts & seeds
- Cheese (moderate portions)

## ■ Pantry & Extras

- Seasonings, herbs, and spices
- Soy sauce, hot sauce, or salsa
- Canned soup or broth
- Coffee, tea, or electrolyte mixes

## ■ Quick Macro Guide

Food	Protein	Carbs	Fats
Chicken (100g)	23g	0g	2g
Eggs (2 large)	12g	1g	10g
Oats (1 cup cooked)	6g	27g	3g
Greek Yogurt (1 cup)	20g	7g	0g
Peanut Butter (2 tbsp)	8g	6g	16g
Rice (1 cup cooked)	4g	45g	0g