

THE DAIRY GIRL FITNESS GROCERY GUIDE



**Thank you for downloading this
guide!**

**I know that sometimes creating
meals and knowing what to buy in
the grocery store can feel
overwhelming.**

**So! I hope this guide can be a useful
template to get you started in
finding what works best for YOU and
your goals.**

**Please remember that none of these
foods are necessary and all are
intended to serve as examples and
ideas. I DO NOT recommend you
limit yourself to only these foods.**

Enjoy!

HOW I BUILD MY WEEKLY MEALS AND GROCERY LIST

Usually every Sunday, I start to write up my grocery list based on meals I want for the week. I like to prep a large batch of food/meals over the weekend so I have healthy and convenient options to eat through the week. I usually prep 1 lunch for myself and then 1-2 dinners for my boyfriend and I.

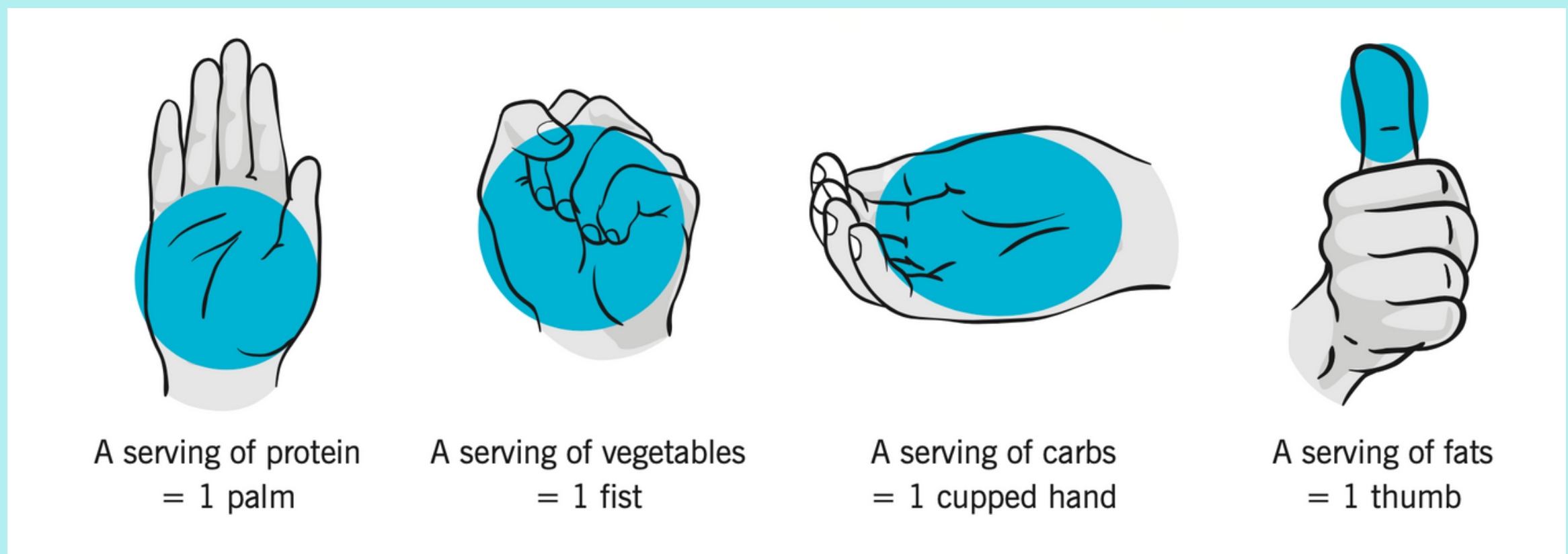
When building meals, I want to have something that is high in protein, moderate in carbs and usually lower in fat (since fat is the most calorically dense macro group.) I usually build my meals to include a:

- Lean protein source
- Carb source (usually complex carbs/higher in fiber)
- Vegetable or fruit
- Sauce, dressing, cheese, etc (typically adding a healthy fat source here)



HOW I BUILD MY WEEKLY MEALS AND GROCERY LIST

If you count macros, you would base your meals and portions depending on the numbers you are aiming to hit. If you do not track food in any way, you could think of following the plate method - fill $\frac{1}{2}$ of your plate with non starchy vegetables, $\frac{1}{4}$ of your plate with whole grains or starchy vegetables, and then the final $\frac{1}{4}$ of your plate with a lean protein source. There is also the method of using your hands as portion guidelines, which is shown in the picture below.



Hand portion table

FOOD CATEGORY	HAND PORTIONS	MACRONUTRIENT	CONVENTIONAL MEASUREMENT EQUIVALENT
Proteins	1 palm	~20-30 g	~3-4 oz (85-115 g) cooked meat / tofu, 2 whole eggs, 1 cup Greek yogurt
Vegetables	1 fist	N/A	~1 cup non-starchy vegetables
Carbohydrates	1 handful	~20-30 g	~1/2-2/3 cup (100-130 g) cooked grains / legumes, 1 medium fruit / tuber
Fats	1 thumb	~7-12 g	~1 tbsp (14 g) oils, nuts, seeds, nut butter, cheese, etc.

HOW I BUILD MY WEEKLY MEALS AND GROCERY LIST

Then based on the meals, I check to see what is already in the house. For what I don't have, I write up our grocery list as I go and split it into different sections; dairy, produce, meat/eggs, carbs, and random. This way, when you're walking through the grocery store, you can go section by section without forgetting things.

I recommend doing most of your shopping along the outside walls of the store first! When flexible dieting & following the 80/20 rule, most of your food will be ideally coming from whole food sources. This means produce, meat, dairy – AKA everything along the outskirts! Fill your list and your shopping cart with as many options as appropriate from these areas.



I like to save as much time as anyone else when it comes to cooking! So when possible, I opt for easily cooked or partially cooked/prepared items. Rotisserie chicken, precooked frozen grilled chicken strips, frozen turkey meatballs, steamable veggies, canned vegetables, precut vegetables and fruit, frozen fruit, and microwavable pasta and rice are some great examples

Lean protein sources:

Chicken breast, ground chicken
Canned chicken
93/7 or leaner ground beef/turkey
Extra lean pork loin/chops
Deli meat
Egg whites
Lean fish/tuna/shrimp
Beef jerky
Low fat dairy
Protein powder
Edamame
Lentils

Carb sources:

Oats
Potatoes
Sweet potatoes
Fruit
Vegetables
Bread
Bagels
English muffins
Pasta
Rice
Quinoa
Couscous
Cereal
Granola
Rice cakes
Popcorn
Waffles/pancakes
Honey, syrup, sugar, jam
Sweets (candy, cookies, etc)

Fat protein sources:

Butter and other whole fat dairy products
Whole eggs
Avocados
Olive/avocado/coconut oil
Almonds/peanuts/cashews/nuts
Nut butters
Chia/flax/hemp seeds
Pesto
Hummus

High fiber carb options:

Berries (especially raspberries)
Bananas
Apples
Pears
Oranges
Broccoli
Carrots
Brussel sprouts
Artichokes
Kale
Spinach
Beets
Avocados
Legumes
Beans
Flax and chia seeds
Oats
Whole wheat/grain products
High fiber tortillas & English muffins

SOME OF MY FAVORITE LIGHTER SNACKS!

Light popcorn

Rice cakes with banana and nut butter

Pretzels and peanut butter

Fruit and nut butter

Cottage cheese with fruit

Greek yogurt mixed with protein powder

Yasso frozen Greek yogurt bars

Bowmar Nutrition protein powder mixed with milk

Bowmar Nutrition protein bar

Vegetables with hummus/light ranch

Light string cheese wrapped in deli meat

Flavored tuna packets

Beef jerky

Hard boiled eggs



SOME OF MY FAVORITE (AND EASY!) MEALS FROM INSTAGRAM!

Quick and Easy Meal Ideas

Shredded Honey Mustard Chicken

BBQ Pulled Pork

Bruschetta Parmesan Chicken

Veggie Packed Fall Chili

Hashbrown Egg Bake

Chocolate Peanut Butter Overnight Oats

Chocolate Chip Pumpkin Bread

*Recipes
Linked*

There you have it!

I hope this grocery guide can help you shop and build meals that allow your body to feel strong, energized and healthy.

Also, THANK YOU FOR DOWNLOADING! If you found value in this guide, please post about it on social media on your Instagram story or Facebook, and tag me!

And if you'd like to be surrounded with empowering women working towards their goals, be sure to join my Dairy Girl Fitness Facebook group [HERE](#) :)

