LOW-CAL, HIGH-PROTEIN

Grocery Haul

What to Buy When You Want to Stay Full, Fueled, & On Track

MAX STRENGTH FITNESS





Welcome

If you've ever tried to "eat more protein" and immediately felt overwhelmed at the grocery store...

You're in good company.

Food labels are confusing.
A lot of "healthy" foods barely keep you full.
And most people are under-eating protein without realizing it.

So this guide is simple and straightforward.

These are the foods I'd personally keep in my cart if the goal was to:

- ✓ **Stay full longer**
- ✓ **Build or maintain muscle**
- ✓ **Make fat loss feel easier**
- ✓ **Stop constantly thinking about food**

Note: **"High-protein" doesn't always mean low-calorie...** and grocery store marketing can be VERY misleading!

That's why I made this guide.

These are simple, reliable healthy options you can grab with confidence, and without tracking every macro or overthinking every meal!

Save this on your phone and use it while you shop.

HOPE THIS MAKES HEALTHY EATING FEEL A WHOLE LOT EASIER.



Jeff Tomaszewski

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FOODS THAT MAKE HITTING YOUR PROTEIN GOAL *Easier*

Most people try to “eat healthier” by cutting foods out.

But it’s usually easier to focus on what to ADD first...

And protein is one of the biggest things people are missing.

The foods below are here because they help you stay fuller, feel more satisfied, & make meals way easier to build around — especially if fat loss or body recomposition is the goal.



How To Use This List:

Don’t overcomplicate it.
A simple approach:

- Pick 1–2 protein options you actually enjoy
- Add 1 “convenience option” for when your things get busy
- Rotate weekly so you don’t get bored
- Build meals around protein first, then add carbs, veggies, and fats

That’s it!

You do NOT need a perfect meal plan to start seeing progress.

LEAN PROTEINS

Fresh & Frozen

CHICKEN BREAST

Lean, versatile, easy to batch cook
~22–26 g protein per 3 oz (85 g) cooked

TURKEY BREAST OR LEAN GROUND TURKEY (93–99%)

Great for bowls, lettuce wraps, or burgers
~21–24 g protein per 3 oz (85 g) cooked

EXTRA-LEAN BEEF (96%)

Great for tacos, bowls, burgers, and meal prep
~23–25 g protein per 3 oz (85 g) cooked

FISH (COD, TUNA, SHRIMP)

Very high protein for relatively low calories
~20–26 g protein per 3 oz (85 g) cooked



SALMON

Higher calorie but packed with nutrients
~21–23 g protein per 3 oz (85 g) cooked

FROZEN SHRIMP OR FISH FILLETS

Affordable, fast, and zero prep
~18–26 g protein per 3 oz (85 g) cooked
(Varies by species. Shrimp, cod, and pollock are especially high)



RELATED PROTEIN *Options*

PORK (LEAN CUTS ONLY)

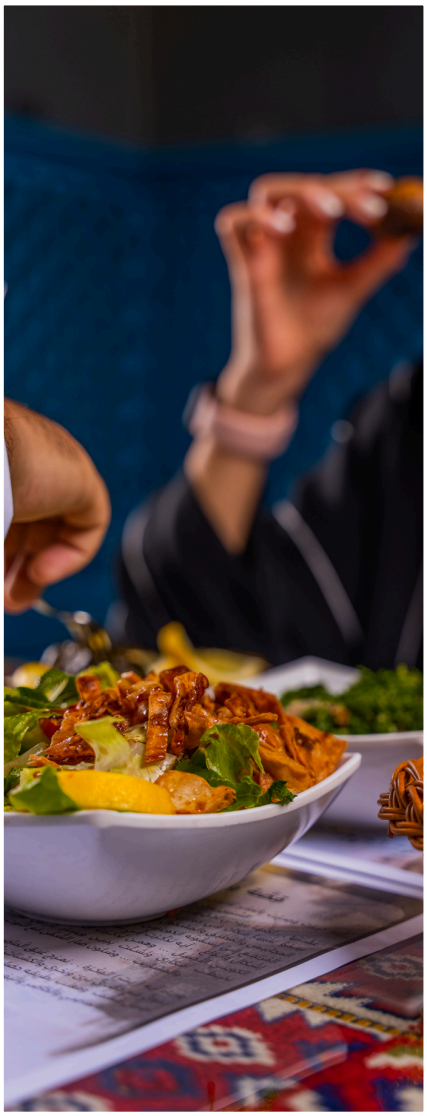
Pork tenderloin is surprisingly lean and comparable to chicken breast for protein content.
~22–24 g protein per 3 oz (85g) cooked

BISON

Very lean and high in protein, similar to extra-lean beef. Great option if available, though often more expensive.
~24-26 g protein per 3 oz (85g) cooked

PLANT-BASED MEAT ALTERNATIVES

These can work occasionally for variety, but they're typically more processed & have less protein per calorie than whole-food options.
~15–20 g protein per 3 oz (85 g) cooked (varies widely by brand)



Tip: *Always check the label. Calories, fat, and protein content can differ significantly between products.*

PROTEIN RICH DAIRY *& Alternatives*

NONFAT OR LOW-FAT GREEK YOGURT

High protein, relatively filling
~15–18 g protein per ¾ cup (170 g)

SKYR OR HIGH-PROTEIN YOGURT

Extra thick, extra protein
~15–20 g protein per ¾ cup (170 g) (*varies by brand*)

LOW-FAT COTTAGE CHEESE

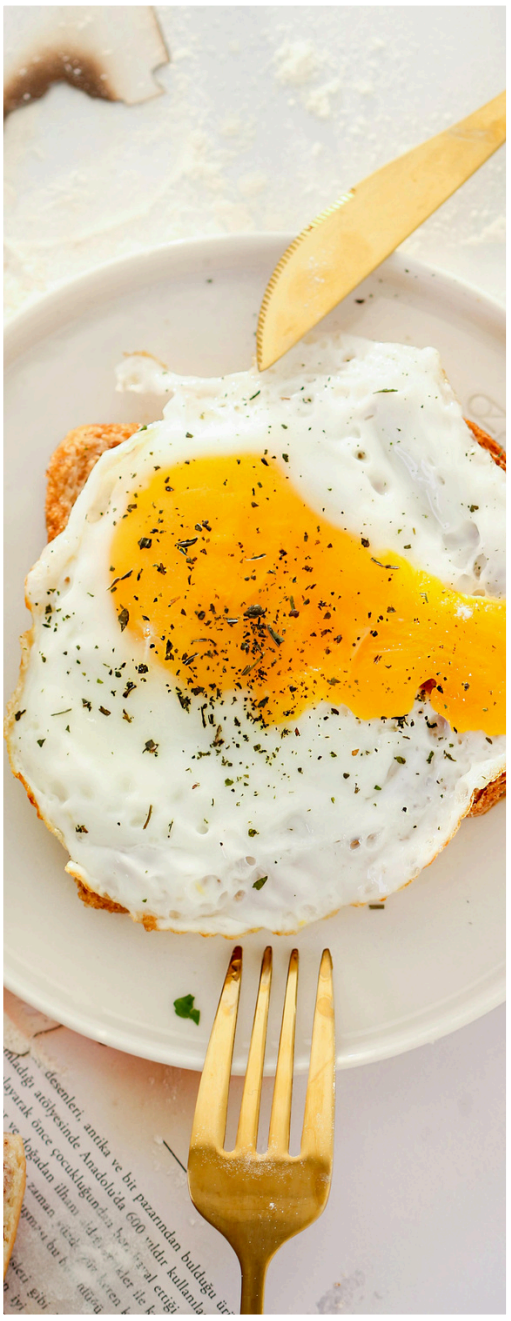
~14–16 g protein per ½ cup (120 g)

EGGS + EGG WHITES

~6 g protein per 1 large egg (50 g)
~10 g protein per ½ cup egg whites (120 mL / ~120 g)

HIGH-PROTEIN MILK (DAIRY OR SOY)

~8–10 g protein per 1 cup (240 mL) *(varies by brand)*



READY-TO-EAT *& Convenience Proteins*

ROTISSERIE CHICKEN (SKIN REMOVED)

One of the best “I don’t feel like cooking” proteins, great for meal prep!
~22–26 g protein per 3 oz (85 g) cooked
(Removing the skin lowers calories without reducing protein)

CANNED TUNA, SALMON, OR CHICKEN

Shelf-stable and high protein
~18–25 g protein per 1 can (140–165 g drained)
(varies by type and brand)

DELI TURKEY OR CHICKEN (LOW-SODIUM)

Easy sandwich or wrap protein
~16–20 g protein per 3 oz (85 g)
(Check labels. Some varieties are higher in sodium or lower in protein)



HARD-BOILED EGGS

Simple grab-and-go protein
~6 g protein per 1 large egg (50 g, without shell)

PROTEIN SHAKES (SIMPLE INGREDIENTS)

Helpful for busy days or post-workout
~20–30 g protein per 1 bottle or serving (330–355 mL)
(Look for minimal added sugar and recognizable ingredients)



PLANT-BASED *Protein Options*

Helpful for variety or meatless meals



TOFU (EXTRA-FIRM)

Low-cal, high-protein, very versatile
~18–22 g protein per 7 oz (200 g)

TEMPEH

More calories, but very filling & nutrient-dense
~15–18 g protein per 3 oz (85 g)
(higher fat than tofu, so portions matter!)

EDAMAME (FROZEN OR SHELLED)

Easy snack or salad add-on
~8–9 g protein per ½ cup (75 g)

LENTILS & CHICKPEAS

Higher carb, but a solid protein + fiber combo
~7–9 g protein per ½ cup lentils (100 g)
~7 g protein per ½ cup chickpeas (120 g)

PROTEIN-BOOSTING PANTRY *Staples*

PROTEIN POWDER (WHEY, PLANT-BASED)

Helpful when you're struggling to hit protein consistently

~20–25 g protein per 1 scoop (25–30 g)

BONE BROTH

Easy way to sneak extra protein into soups, rice, or sauces

~8–10 g protein per 1 cup (240 mL)

(Check labels because protein content varies widely)

HIGH-PROTEIN PASTA OR WRAPS

Easy swaps for traditional versions

~10–15 g protein per serving *(varies by product)*



IF I WANTED EASY, HIGH-PROTEIN MEALS THIS WEEK, *Id Buy:*

- ✓ Rotisserie chicken
- ✓ Greek yogurt
- ✓ Eggs + egg whites
- ✓ Frozen shrimp
- ✓ Cottage cheese
- ✓ Protein wraps
- ✓ Frozen veggies
- ✓ Berries
- ✓ High-protein milk
- ✓ Protein powder



THAT'S IT!
You do NOT need a perfect grocery haul to make progress.







FOODS THAT PRETEND TO BE *"High Protein"*

Make sure you read product labels because not everything labeled "high protein" actually is.



Be cautious with:

- ⚠ Protein bars with more sugar than protein
- ⚠ Smoothies that are basically milkshakes
- ⚠ “Healthy snacks” with tiny serving sizes
- ⚠ Coffee drinks loaded with hidden calories

QUICK TIP

Ignore the front of the package.
Flip it over and check:

- ✓ Protein
- ✓ Calories
- ✓ Added sugar

That matters way more than the marketing.

You DON'T HAVE TO OVERTHINK IT to Reach Your Goals

Knowing what to buy is one thing....

But actually eating this way consistently when life gets busy is the hard part.

Because most people don't struggle with "information."



They struggle with:

- Staying consistent
- Knowing what to eat when life gets chaotic
- Balancing fat loss with real life
- Feeling "on track" without obsessing over food

THAT'S EXACTLY WHAT WE WORK ON INSIDE [PROGRAM].

Inside the program, we focus on:

- ✓ Simple nutrition that feels realistic
- ✓ Strength training that fits your life
- ✓ Building habits you can actually stick to
- ✓ Feeling stronger, leaner, and more in control again

You know... things that actually work in REAL life.

SIMPLE SOLUTIONS
Incredible Results!

Danielle Gibbons

"I am extremely satisfied with my experience. When I first started I was in a shape where I wasn't sure really where to start... I just had got diagnosed with hypothyroidism and extremely overweight where I've been in shape walking everywhere all my life still do. The MaxStrength Fitness trainers were always been very helpful showing me routines and now I have really felt improvement in my strength abilities. My trainer always worked with me when I had to switch around my schedule. I would definitely recommend MaxStrength Fitness. I've gotten compliments by complete strangers of how toned I look. The environment Is always friendly, happy, and very helpful with my fitness journey."

Skye Starr

I love MaxStrength Fitness. My MaxStrength trainers have been wonderful to work with and pushes you to excel in your workout. The routine is great with 20 minutes, 2X a week and I have seen and can feel the noticable results. All of the trainers are so wonderful to work with and always structure a great workout. I can't say enough about the place. It's clean and the machines are well kept. I highly recommend this to anyone of any age.

MAX STRENGTH FITNESS

Ready to take Your NEXT STEP?

At MaxStrength Fitness we believe that everyone deserves to be healthy, fit and strong in only minutes a week.

Take your health and wellness outside of only the kitchen and truly transform your life in only minutes a week!

If you're looking for a better way to live, we want to invite you to experience the MaxStrength Fitness difference.

JAMES LANE

"I recommend MaxStrength highly due its ability to obtain maximum results from brief sessions twice a week. The equipment is first class and the environment is comfortable and beautifully color coordinated. I especially like my knowledgeable trainers. They are doing an excellent job crafting the perfect exercises for my particular needs."

Ways to Work With Us:

1:1 PERSONAL TRAINING

With more energy, improved health, and less stress you are able to enjoy all the activities you love. Click below to learn more about our personal training and schedule a consultation at a location near you:

LEARN MORE HERE





We'd love to be part of your fitness/wellness journey.

Jeff Tomaszewski

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