

NEURODIVERGENT GROCERY LIST





GOALS

MY HEALTH GOAL: Loose fat to improve my mood and mobility.

MY NUTRITION GOAL: Calorie deficit while keeping high volume, fiber and nutrient density. I'm picking foods that will keep me full and satisfied.

VEGGIES & FRUITS

- ☐ Zucchini
- ☐ Bell Peppers
- ☐ Carrots
- ☐ Salad Greens
- ☐ Berries
- ☐ Cucumbers
- ☐ Sweet Potatoes
- ☐ Kiwis

DAIRY

- ☐ Kefir
- ☐ Skyr
- ☐ 0% Greek Yogurt
- ☐ Light or Plant Milk
- ☐ Whey Protein Powder
- ☐ Cottage Cheese
- ☐ Reduced-fat Cheese
- ☐

MEAT & SEAFOOD

- ☐ Chicken Breasts
- ☐ Turkey Mince
- ☐ White Fish
- ☐ Tuna (in water)
- ☐ Shrimp
- ☐ Eggs & Egg Whites
- ☐
- ☐

FROZEN

- ☐ Cauliflower Rice
- ☐ Mixed Stir-Fry Veg
- ☐ Edamame
- ☐ Spinach
- ☐ Grilled Chicken
- ☐ Mixed Berries
- ☐ Smoothie Packs
- ☐

DRINKS

- ☐ Water
- ☐ Herbal Tea
- ☐ Light Coconut Water
- ☐ Coffee
- ☐ Protein Shakes
- ☐
- ☐
- ☐

OTHERS

- ☐ Wholegrain Wraps
- ☐ Chia Seeds
- ☐ Oats
- ☐ Light Hummus
- ☐ Lentils & Chickpeas
- ☐ Powder Peanut Butter
- ☐ Popcorn
- ☐ Honey

LOW-ENERGY OPT.

- ☐ Pre-cooked Chicken
- ☐ Microwave Soups
- ☐ Protein Snacks
- ☐ Pre-washed Salads

NOTES

