

NEURODIVERGENT GROCERY LIST





GOALS

MY HEALTH GOAL: Build muscle to improve strength and mental wellbeing.

MY NUTRITION GOAL: Prioritize protein dense foods fueling my workouts and supporting my muscle repair, and recovery.

VEGGIES & FRUITS

- ☐ Bananas
- ☐ Avocados
- ☐ Sweet Potatoes
- ☐ Bell Peppers
- ☐ Cherry Tomatoes
- ☐ Spinach
- ☐ Carrots
- ☐ Kiwis

DAIRY

- ☐ Kefir
- ☐ Skyr
- ☐ Greek Yogurt
- ☐ Whole Milk
- ☐ Cream Cheese
- ☐ Cottage Cheese
- ☐ Feta Cheese
- ☐ Whey Protein Powder

MEAT & SEAFOOD

- ☐ Chicken Thighs
- ☐ Salmon
- ☐ Beef Mince
- ☐ Turkey Sausages
- ☐ Sardines
- ☐ Eggs
- ☐
- ☐

FROZEN

- ☐ Mango
- ☐ Edamame
- ☐ Mixed Berries
- ☐ Butter Squash
- ☐ Salmon Fillets
- ☐ Grilled Chicken
- ☐
- ☐

DRINKS

- ☐ Water
- ☐ Herbal Tea
- ☐ Light Coconut Water
- ☐ Coffee
- ☐ Chocolate Milk
- ☐ Protein Shakes
- ☐ Electrolyte Water
- ☐

OTHERS

- ☐ Wholegrain Pasta
- ☐ Nut Butter
- ☐ Oats
- ☐ Hummus
- ☐ Nuts
- ☐ Protein Bars
- ☐ Bread or Bagles
- ☐ Honey

LOW-ENERGY OPT.

- ☐ Pre-cooked Chicken
- ☐ Microwave Soups
- ☐ Protein Snacks
- ☐ Pre-cooked Pasta

NOTES

