

# NEURODIVERGENT GROCERY LIST





## GOALS

**MY HEALTH GOAL:**

**MY NUTRITION GOAL:**

### VEGGIES & FRUITS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### DAIRY

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### MEAT & SEAFOOD

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### DRINKS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### OTHERS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### LOW-ENERGY OPT.

- ☐
- ☐
- ☐
- ☐
- ☐

### NOTES

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## 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

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## 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

