



AGING STRONG

GROCERY GUIDE & NUTRITION TIPS

A practical shopping system for strength, mobility, energy, recovery, fat loss, and long term healthy aging.

CORE IDEA

Good nutrition becomes easier when your kitchen is set up for success. This guide helps you shop with structure instead of relying on willpower.

This guide helps you:

- Build meals around protein.
- Choose smart carbohydrates for energy and training.
- Use vegetables, fruit, and fiber to stay full.
- Create simple meals without overcomplicating food.

Aging Strong shopping philosophy:

- Protein first.
- Whole foods most of the time.
- Simple foods you will actually eat.
- Consistency over perfection.

Created for Aging Strong Fitness members by Jesse La Valle



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MEMBER NOTE

This guide is not a medical nutrition plan. If you have diabetes, kidney disease, digestive disease, food allergies, eating disorder history, or medical restrictions, follow your healthcare provider's guidance.



1. How to Use This Grocery Guide

This guide is designed to make grocery shopping easier for Aging Strong Fitness members. The goal is not to follow a strict diet forever. The goal is to keep the right foods available so your daily eating structure becomes easier to repeat.

The original grocery guide focused on protein, healthy carbohydrates, fats, vegetables, shopping tips, and simple meal ideas. This expanded version keeps that same foundation and adds more detail, more examples, and more practical systems you can use every week.

The Basic Weekly Goal

Area	What To Aim For
Protein	Have at least 3 to 5 easy protein sources available each week.
Carbohydrates	Keep 2 to 4 smart carb options that support training, walking, and daily energy.
Produce	Buy vegetables and fruit you will actually eat, including frozen options.
Snacks	Keep structured snacks that help you avoid grazing and impulse choices.
Convenience	Have a few quick meals ready for busy days. Good enough beats giving up.

KEY POINT

Do not buy groceries for the fantasy version of yourself. Buy foods that match your actual schedule, appetite, cooking ability, and habits.



2. The Aging Strong Grocery Method

A strong grocery cart makes your week easier. Most people struggle because they shop randomly, then try to build meals from whatever happens to be in the house. The Aging Strong Grocery Method gives your cart structure.

The 5 Part Grocery Cart

Step	Cart Focus	Why It Matters
1	Protein anchors	Supports muscle maintenance, recovery, fullness, and body composition.
2	Vegetables and fruit	Adds fiber, volume, vitamins, minerals, and better meal quality.
3	Smart carbohydrates	Supports workouts, walking, energy, and long term consistency.
4	Healthy fats and flavor	Makes meals satisfying, but portions still matter.
5	Convenience backups	Prevents skipped meals, takeout defaults, and random snacking.

Best weekly habit

- Plan 3 easy dinners.
- Have 2 protein snacks ready.
- Keep frozen vegetables available.
- Know your backup meal.

Common mistake

- Buying too many random foods.
- Forgetting protein.
- Only buying salad food.
- Having no plan for busy days.



3. The Aging Strong Plate Method

When you do not want to count calories, the plate method gives you a simple structure. It helps you build meals that support strength, fat loss, and muscle maintenance without making nutrition feel extreme.

Build Most Meals Like This

Plate Piece	Simple Target	Examples
Protein	Palm to two palm size portion	Chicken, turkey, eggs, lean beef, fish, Greek yogurt, protein shake
Vegetable or fruit	One to two servings when possible	Broccoli, peppers, spinach, salad, green beans, berries, melon, apple
Carb choice	One intentional portion	Potatoes, rice, oatmeal, beans, fruit, whole grain bread, wraps
Fat or flavor	Controlled amount	Olive oil, avocado, cheese, peanut butter, nuts, dressing, sauces

AGING STRONG REMINDER

The goal is not to remove every carb or fat. The goal is to control portions, prioritize protein, and keep the structure repeatable.



4. Protein Sources

Protein is the foundation of the Aging Strong Nutrition Program. It helps support muscle maintenance, recovery, strength, satiety, and healthy aging. Aim to include protein with most meals.

Grocery List: Protein Sources

Category	Good Options	Easy Uses
Chicken and turkey	Chicken breast, chicken thighs, rotisserie chicken, lean ground turkey, turkey burgers	Salads, wraps, rice bowls, turkey meatloaf, quick dinners
Eggs and dairy protein	Whole eggs, egg whites, Greek yogurt, cottage cheese	Breakfast, snacks, protein bowls, easy meals
Beef and game meats	Lean ground beef, steak, sirloin, venison, roast beef	Dinners, bowls, burgers, steak and vegetables
Fish and seafood	Salmon, tuna, shrimp, cod, canned tuna, sardines	Quick meals, salads, rice bowls, higher protein dinners
Convenient options	Protein powder, ready-to-drink shakes, pre-cooked chicken, deli turkey	Busy days, post workout, backup meals
Plant options	Tofu, tempeh, edamame, beans plus a protein source	Meatless meals, bowls, stir fry

Best choices most days

- Lean meats.
- Eggs and Greek yogurt.
- Fish or seafood.
- Protein powder when needed.

Use with awareness

- Processed meats.
- High fat sausage or bacon.
- Breaded proteins.
- Protein bars with lots of sugar.



5. Smart Carbohydrates

Carbohydrates are not the enemy. They provide energy for workouts, walking, recovery, and daily life. The key is choosing portions intentionally and using higher quality sources most of the time.

Grocery List: Carbohydrate Sources

Category	Good Options	Best Use
Potatoes and starches	White potatoes, sweet potatoes, baby potatoes, squash	Dinners, post workout meals, active days
Rice and grains	Rice, oatmeal, quinoa, whole grain bread, whole grain wraps	Meal prep, breakfast, wraps, bowls
Fruit	Berries, apples, bananas, melon, oranges, grapes	Snacks, breakfast, protein shakes, sweet cravings
Beans and legumes	Black beans, chickpeas, lentils, kidney beans	Bowls, salads, soups, fiber support
Convenient carbs	Microwave rice, frozen potatoes, instant oatmeal packets with low sugar	Busy days and quick meals

PORTION TIP

If fat loss is the goal, keep carbohydrates structured instead of constant. Choose the carb you want most at the meal instead of stacking bread, chips, fries, dessert, and alcohol together.



6. Vegetables, Fruit, and Fiber

Vegetables and fruit support digestion, fullness, micronutrients, and long term health. They also help meals feel larger without relying only on starch, fat, and processed snacks.

Grocery List: Produce and Fiber

Category	Good Options	Why It Helps
Easy vegetables	Broccoli, green beans, spinach, peppers, carrots, salad greens	Simple sides, stir fry, volume, nutrients
Frozen vegetables	Mixed vegetables, broccoli, cauliflower rice, spinach, stir fry blends	Lower waste, quick cooking, budget friendly
Fruit	Berries, apples, oranges, melon, bananas, grapes	Fiber, vitamins, easy snacks, sweet cravings
High fiber add ons	Beans, lentils, oats, chia seeds, flax, berries	Fullness, digestion, heart health
Flavor produce	Onions, garlic, salsa, herbs, lemon, lime	Makes healthy meals taste better

For people who dislike vegetables

- Start with one vegetable you tolerate.
- Use frozen options.
- Add salsa or seasoning.
- Pair vegetables with protein you enjoy.

Easy produce wins

- Bagged salad.
- Microwave steam bags.
- Pre-cut vegetables.
- Fruit washed and visible.



7. Healthy Fats and Flavor Add Ons

Healthy fats support satiety, hormones, food enjoyment, and overall wellness. They are valuable, but they are also calorie dense, so portions matter when fat loss is the goal.

Grocery List: Fats and Flavor

Category	Good Options	Smart Use
Healthy fats	Avocado, olive oil, nuts, seeds, natural peanut butter	Use measured portions, not unlimited pours or handfuls
Fatty fish	Salmon, sardines, tuna, trout	Protein plus omega 3 fats
Dairy fats	Cheese, Greek yogurt, cottage cheese	Adds flavor and protein, but portion still matters
Sauces and dressings	Salsa, hot sauce, mustard, light dressing, vinaigrette, Greek yogurt based sauce	Flavor meals without losing control
Treat flavor	Dark chocolate, honey, maple syrup, small dessert items	Use intentionally, not as constant grazing

FAT LOSS TIP

Do not remove all fats. Just control the extras. Cheese, oil, nuts, dressing, peanut butter, and sauces can add up quickly even when the foods are healthy.



8. Dairy, Eggs, and Easy Protein Support

Dairy, eggs, and protein supplements can make it easier to stay consistent. These are especially useful for busy adults who do not always have time to cook full meals.

Simple Protein Support Options

Food	How To Use It	Notes
Greek yogurt	Breakfast bowl, snack, dessert substitute, smoothie base	Choose higher protein versions and watch added sugar.
Cottage cheese	Snack, side, fruit bowl, high protein breakfast	Useful when you want something quick and filling.
Eggs	Breakfast, egg bake, omelet, hard boiled snack	Affordable, versatile, and easy to prep.
Protein powder	Shake, smoothie, oats, yogurt mix in	Helpful when meals are low in protein.
Ready-to-drink protein	Car, work, post workout, emergency option	Convenient but check calories and sugar.

KEEP IT SIMPLE

Protein supplements are not magic. They are tools. Real food comes first, but shakes can help you stay consistent when life gets busy.



9. Pantry and Freezer Staples

A strong pantry and freezer prevent last minute decisions from becoming takeout by default. Keep simple foods available that can become a meal in 10 to 20 minutes.

Pantry Staples

Category	Examples
Protein	Canned tuna, canned salmon, chicken packets, protein powder, beans, lentils
Carbs	Rice, oatmeal, potatoes, whole grain wraps, pasta, quinoa
Flavor	Salsa, mustard, hot sauce, low sugar marinara, spices, broth
Quick meal support	Microwave rice, canned vegetables, soups, tuna packets, jerky

Freezer Staples

Category	Examples
Protein	Frozen chicken, turkey burgers, fish, shrimp, lean meat patties
Vegetables	Steam bags, stir fry blends, broccoli, cauliflower, spinach
Fruit	Frozen berries, mango, cherries, smoothie blends without added sugar
Backup meals	Healthy frozen meals with decent protein, frozen rice, frozen potatoes



10. Snacks, Busy Day Options, and Emergency Foods

Snacks should help you control hunger and support your goals. Random grazing is different from structured snacking. The goal is to have options that reduce impulse eating.

Structured Snack Options

Snack Type	Examples	Best For
Protein snack	Greek yogurt, cottage cheese, protein shake, hard boiled eggs, turkey roll ups	Hunger control and muscle support
Fruit plus protein/fat	Apple with peanut butter, berries with Greek yogurt, banana with protein shake	Sweet cravings and afternoon snack
Grab and go	Protein bar, tuna packet, jerky, ready-to-drink shake, fruit	Busy workdays or travel
Crunchy option	Carrots, cucumbers, popcorn, roasted chickpeas	Volume and snack satisfaction
Evening option	Greek yogurt, protein shake, cottage cheese, fruit	Avoiding late night grazing

SNACK RULE

If a snack does not have protein, fiber, or a clear purpose, it is more likely to become grazing. Build snacks the same way you build meals: with structure.



11. Hydration and Drinks

Hydration supports energy, digestion, training performance, and recovery. Many people mistake thirst, fatigue, or habit for hunger. Keep drinks simple most of the time.

Drink Guide

Drink	Best Use	Notes
Water	Daily baseline	Keep it visible and easy to access.
Coffee	Morning routine or pre workout energy	Watch sugary creamers and extra calories.
Unsweetened tea	Hydration and flavor	Good low calorie option.
Electrolytes	Hot weather, sweating, long workouts, low appetite days	Useful when hydration needs are higher.
Protein shake	Protein support, not just a drink	Counts as protein support when meals are low.
Sugary drinks	Plan intentionally or limit	Calories add up quickly and do not fill you up much.

Simple hydration habits

- Start the day with water.
- Keep water near your training space.
- Drink before and after workouts.
- Use electrolytes when sweating heavily.

Drinks to control

- Soda with sugar.
- Juices.
- Large sweet coffees.
- Frequent alcohol.



12. Label Reading Made Simple

You do not need to obsess over every label, but a few basics help you make better decisions quickly. Use labels to identify protein, calories, added sugar, fiber, and portion size.

The 5 Things To Check

Label Item	What To Look For	Why It Matters
Serving size	How much the label actually represents	Packages often contain more than one serving.
Protein	Higher is usually better for meals and snacks	Supports muscle, fullness, and recovery.
Added sugar	Lower most of the time	Helps reduce excess calories and cravings.
Fiber	More is helpful when tolerated	Supports fullness and digestion.
Calories	Use as awareness, not obsession	Helps compare similar foods.

QUICK FILTER

For a snack, ask: does this give me protein, fiber, or real satisfaction? If not, it may be easy to overeat and forget.



13. Grocery Store Strategy

A good shopping routine saves time, reduces impulse buying, and makes the week easier. Use this strategy before you go into the store.

Before You Shop

Step	Action
1	Choose 3 dinners for the week. Keep them simple.
2	Pick 2 breakfast options you can repeat.
3	Choose 2 structured snacks.
4	Check what protein is already in the fridge or freezer.
5	Make sure you have a backup meal for busy nights.

Inside the Store

Area	What To Buy First
Protein section	Chicken, turkey, eggs, fish, lean beef, Greek yogurt, cottage cheese
Produce section	Vegetables, salad kits, fruit, herbs, easy add ons
Frozen section	Vegetables, fruit, fish, shrimp, emergency meals
Pantry aisles	Rice, oats, potatoes, beans, tuna, wraps, sauces, spices
Snack aisle	Choose structured options. Avoid buying foods you know trigger grazing.



14. Sample Grocery Lists

Use these lists as starting points. Adjust based on your preferences, budget, cooking ability, and household needs.

Basic Aging Strong Grocery List

Category	Examples
Proteins	Eggs, chicken, Greek yogurt, lean ground turkey, tuna, protein powder
Carbs	Potatoes, rice, oatmeal, fruit, whole grain wraps
Vegetables	Broccoli, spinach, peppers, salad greens, frozen vegetables
Fats and flavor	Olive oil, avocado, natural peanut butter, cheese, salsa, seasoning
Backup foods	Rotisserie chicken, microwave rice, frozen vegetables, protein shakes

Fat loss focused add ons

- Extra vegetables.
- Lean protein options.
- Lower calorie sauces.
- Fruit for sweet cravings.

Active day add ons

- More potatoes or rice.
- Oatmeal.
- Bananas or berries.
- Extra protein snacks.



15. Simple Meal Combos and Meal Prep

Meal prep does not have to mean cooking every meal in containers. It can simply mean having the pieces ready so meals take less thought.

Simple Meal Combos

Meal	Easy Combination
Breakfast	Eggs with potatoes and fruit, Greek yogurt with berries and oats, protein shake with fruit
Lunch	Chicken wrap with fruit, turkey bowl with rice and vegetables, tuna salad with whole grain toast
Dinner	Lean protein with vegetables and potatoes, turkey meatloaf with broccoli, beef bowl with rice and peppers
Snack	Protein shake, apple with peanut butter, cottage cheese with fruit, Greek yogurt with berries
Busy night	Rotisserie chicken, microwave rice, frozen vegetables, salsa or seasoning

Low Friction Meal Prep

Prep Item	What To Do
Protein	Cook chicken, turkey, eggs, or meatloaf ahead.
Carbs	Batch cook potatoes, rice, or oats.
Vegetables	Use frozen steam bags or pre-cut vegetables.
Snacks	Pre-portion yogurt, fruit, shakes, or hard boiled eggs.
Backup meal	Keep one no excuse meal ready at all times.



16. Foods to Limit, Smart Swaps, and Final Checklist

No food has to be banned forever, but some foods are easier to overeat and harder to fit into body composition goals. The goal is awareness, not fear.

Foods To Limit Most of the Time

Limit	Better Swap
Sugary beverages	Water, unsweetened tea, diet drink if you use it, electrolytes when appropriate
Processed snack foods	Greek yogurt, fruit, popcorn, protein shake, cottage cheese
Constant grazing	Structured meals and planned snacks
Large late night snacking	Protein based evening option and a normal dinner structure
Excess desserts	Planned dessert, shared portion, or fruit plus protein

Final Grocery Checklist

Question	Yes/No
Do I have protein for most meals?	
Do I have vegetables or fruit available?	
Do I have smart carbs for training and energy?	
Do I have snacks that support my goals?	
Do I have one emergency meal for busy days?	
Did I avoid buying too many trigger foods?	

FINAL WORD

The best grocery plan is the one you can repeat. Keep it simple, keep protein available, plan your meals around real life, and build the kitchen environment that makes consistency easier.

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