



## ***5 Ingredient Meals***

### **S H O P P I N G   P L A N N E R**

Refer to these simple ideas to make shopping for 5 ingredient meals a snap, and use the included worksheet to make your own.

- Prioritize Protein
- Eat ingredients – chicken, peppers, rice, potatoes, etc.
- Minimize processed foods with long lists of ingredients
- When you do buy processed foods, read the labels and choose options with fewer ingredients and higher quality oils or fats.
- Seasonings don't count – but watch labels if you add more than salt, pepper, or spices.

#### **5 Ingredient Meals:**

- protein
- produce (fruit or veggie)
- fat
- starch or carb
- double up on 1 of the above  
(or keep it to 4)

## P R O T E I N

Assortment of the highest quality (grass fed, organic, local or humanely raised) you can afford and like to eat; I rotate proteins regularly to get different amino acid profiles. To save, buy in bulk when you can.

- Ground beef (always have some in the freezer and some in the fridge ready to cook)
- Ground bison
- Fish
- Frozen shrimp
- Chicken
- Pork (my kids love bacon and salami)
- Eggs
- Greek yogurt
- Cheese

## F R U I T

- Frozen berries
- Bananas
- Apples
- Peaches
- Pears

## F R E S H V E G G I E S

As with fruit, seasonal and local tend to have the most flavor , too.

- Carrots
- Zucchini
- Pickles or Cucumbers
- Mushrooms
- Chard
- Spaghetti Squash

## F A T S

- Grass fed butter
- Almond butter
- Beef tallow
- Avocados

## STARCHES / CARBS

- Potatoes
- Sweet Potatoes
- Rice Cakes
- Gluten-free pasta

## PANTRY PROTEIN

- Canned Tuna
- Canned Sardines
- Whey protein
- Greek Yogurt
- Cold cuts/deli meat slices
- Zero sugar beef jerky

## LOW CALORIE FLAVOR

- Yellow mustard
- Dijon mustard
- Vinegars
- Salt and pepper
- Tamari or soy sauce

# 5 I N G R E D I E N T M E A L W O R K S H E E T

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## P A N T R Y

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## F R U I T

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## V E G G I E S

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