

Healthy Protein Foods Shopping List

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NAME

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DATE

This is an extensive list of high-protein foods.

You might notice there are protein sources you've never even heard of or thought of... maybe some that make you say "Yuck!" Cuisines and tastes can differ dramatically.

For instance:

- Someone who lives in California might think toasted grasshoppers (*chapulines*) are icky; and someone else who lives a few hundred miles south in Mexico might think they're delicious.
- Puffin is commonly eaten in Iceland (along with whale, as in other Arctic regions), while pigeon often appears on menus in China.
- Frogs and snails are part of French cuisine; horse is common in Italy; alligator, crayfish, and rattlesnake can be found in the southern United States.

As with all our suggestions, think of it like a buffet: Take what you like, and leave the rest.

Notice that these are relatively lean protein sources.

So, bacon and pork skins didn't make the list. These, and foods like them, are higher in fat than protein.

Animal-based

- Beef, bison, and buffalo
- Lean cuts of pork and boar
- Lamb
- Goat
- Wild game, such as elk, venison, caribou, moose
- Poultry such as chicken, turkey, duck, pigeon
- Fish
- Seafood such as shrimp, squid, octopus, lobster, crayfish

- Mollusks such as clams, mussels, scallops, snails (escargots)
- Eggs and egg whites
- Dairy such as cottage cheese or strained Greek yogurt
- Rodents such as rabbit, squirrel, beaver, guinea pig
- Horse
- Reptiles and amphibians such as snake, alligator / crocodile, frog
- Insects
- Whale (non-fatty tissue)
- Seal (non-fatty tissue)

Plant-based

- Beans, lentils, and legumes
- Tempeh, tofu, or edamame
- Seitan

Supplement

- Protein powder such as whey, casein, egg, bone broth / collagen, cricket, plant-based blends (e.g., pea protein, rice protein, hemp protein)

For an exhaustive list of protein sources check out this infographic: <https://www.precisionnutrition.com/what-should-i-eat-infographic>