



\$75–\$80/Week Aldi High-Protein Grocery Haul

Protein (Main Priority)

***These should make up most of your cart.

- Chicken breast family pack: \$12-15
- 93% lean ground turkey: \$5
- Eggs (2 dozen): \$4-6
- Plain Greek yogurt: \$3
- Cottage cheese: \$3-4
- Canned tuna:(4 pack) : \$5
- Frozen shrimp OR frozen chicken strips:\$6-9
- Protein wraps/tortillas: \$3-5

Carbs (Cheap + Filling)

- Jasmine or brown rice: \$2-4
- Potatoes or sweet potatoes: \$3-4
- Old fashioned oats: \$3-4
- Whole wheat bread: \$1.5-2
- Protein pasta: \$2-4
- Black beans:\$1-2
- Tortillas/wraps:\$2-4

Fruits & Vegetables

- Frozen broccoli:\$1-2
- Frozen mixed vegetables: \$1-2
- Spinach:\$2-3
- Bananas:\$1-2
- Apples:\$3-5
- Berries (frozen is cheaper): \$3-5
- Bell peppers: \$3-4
- Onions:\$2-3

Healthy Fats & Extras

- Peanut butter:\$2-3
- Olive oil spray: \$3-4
- Salsa: \$2-3
- Hot sauce:\$2-3
- Taco seasoning: \$1
- Garlic powder: \$1-2
- Cinnamon: \$1-2

Mock Grocery List:(Cost \$60-\$85)



What This Haul Gives You

- 150-180g protein/day
- A week full of meals

- Ground beef(93/7) or Ground Turkey 4X
 - Greek yogurt 2X
 - Eggs 2X
 - Mixed berries 1X
 - Bananas 2X
 - Apples 1X
 - Spinach 1X
 - Old fashioned oats 1X
 - Frozen mixed veggies 1X
 - Sweet potatoes 1X
 - Protein Pasta 1X
 - Protein Bars 1X
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Cheap High-Protein Meals

1. Greek Yogurt Protein Bowl



Ingredients:

- 1.5 cups plain nonfat Greek yogurt
- 80g frozen berries
- 20g oats
- 1 tbsp peanut butter

How to Make:

1. Add Greek yogurt into a bowl.
2. Microwave berries for 30 seconds or leave frozen.
3. Add oats on top.
4. Drizzle peanut butter over the bowl.
5. Mix together before eating.

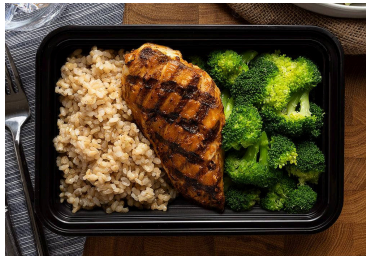
Macros:

- Calories: 380
- Protein: 37
- Carbs: 28g
- Fat: 11g

Estimated Cost:

\$2.25

2. Chicken Rice Broccoli Bowl



Ingredients:

- 6 oz chicken breast
- 1 cup broccoli
- 150g cooked jasmine rice
- Salsa
- Garlic powder

How to make:

1. Season chicken with garlic powder, salt, and pepper.
2. Cook chicken in a skillet 5–6 minutes per side.

3. Cook rice according to package instructions.
4. Steam or microwave broccoli.
5. Slice chicken.
6. Add rice, broccoli, and chicken into the bowl.
7. Top with salsa

Macros:

- Calories: 430
- Protein: 49g
- Carbs: 40g
- Fat: 5g

Estimated Cost:

\$3.50

3. Turkey Taco Skillet



Ingredients:

- 6 oz lean ground turkey
- 100g black beans
- 100g peppers/onions
- Salsa
- Taco seasoning

How to make:

1. Add turkey to the skillet over medium heat.

2. Break apart and cook until browned.
3. Add taco seasoning and a small splash of water.
4. Add peppers, onions, and black beans.
5. Cook for another 5 minutes.
6. Top with salsa before serving.

Macros:

- Calories: 390
- Protein: 42g
- Carbs: 24g
- Fat: 12g

Estimated Cost:

\$3-4

4. Egg White Breakfast Scramble



Ingredients:

- 1 cup egg whites
- 2 whole eggs
- Spinach
- 1 slice low-cal bread
- Hot sauce

How to make:

1. Spray skillet lightly with oil spray.
2. Add spinach and cook for 1–2 minutes.
3. Pour egg whites and eggs into a pan.

4. Scramble until cooked through.
5. Toast bread separately.
6. Add hot sauce on top.

Macros:

- Calories: 320
- Protein: 37g
- Carbs: 14g
- Fat: 11g

Estimated Cost:

\$2.50

5. Protein Pasta Bowl



Ingredients:

- 2 oz dry protein pasta
- 5 oz lean ground turkey
- 1/2 cup marinara
- 1/2 cup cottage cheese

How to Make:

1. Boil pasta according to package directions.
2. Brown turkey in skillet.
3. Add marinara sauce to turkey.
4. Blend cottage cheese until smooth if desired.
5. Mix pasta with meat sauce.
6. Stir in cottage cheese for creamy texture.

Macros:

- Calories: 500
- Protein: 52g
- Carbs: 38g
- Fat: 13g

Estimated Cost:

\$4

6. Shrimp Stir Fry



Ingredients:

- 6 oz shrimp
- 2 cups frozen mixed vegetables
- 120g cooked rice
- Soy sauce

How to make:

1. Cook shrimp in a skillet 2–3 minutes per side.
2. Remove shrimp and add vegetables.
3. Stir fry vegetables until softened.
4. Add shrimp back into the skillet.
5. Add soy sauce and garlic powder.
6. Serve over rice.

Macros:

- Calories: 410
- Protein: 42g
- Carbs: 36g
- Fat: 6g

Estimated Cost:

\$4-5

7. Cottage Cheese Power Bowl



Ingredients:

- 1.5 cups low-fat cottage cheese
- Apple
- Cinnamon
- 1 tbsp peanut butter

How to make:

1. Add cottage cheese to bowl
2. Dice the apple into small pieces.
3. Add apple over cottage cheese.
4. Sprinkle cinnamon on top.
5. Drizzle peanut butter across the bowl.

Macros:

- Calories: 390
- Protein: 36g

- Carbs: 27g
- Fat: 12g

Estimated Cost:

\$2.50

8. High-Protein Overnight Oats



Ingredients:

- 50g oats
- 1 scoop protein powder
- 170g Greek yogurt
- Almond milk
- Cinnamon

How to make:

1. Add oats into a mason jar or container.
2. Add protein powder and cinnamon.
3. Add Greek yogurt and a splash of almond milk.
4. Stir thoroughly.
5. Refrigerate overnight.
6. Eat cold the next morning.

Macros:

- Calories: 430

- Protein: 45g
- Carbs: 35g
- Fat: 8g

Estimated Cost:

\$2.50-3

9. Loaded Potato Protein Bowl



Ingredients:

- 250g potato
- 5 oz ground turkey
- Salsa
- 30g cheese
- 2 tbsp Greek yogurt

How to make:

1. Dice potatoes into cubes.
2. Air fry or roast potatoes at 425°F until crispy.
3. Cook turkey in a skillet until browned.
4. Add potatoes to the bowl.
5. Top with turkey and cheese.
6. Add salsa and Greek yogurt on top.

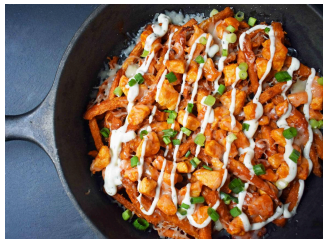
Macros:

- Calories: 510
- Protein: 42g
- Carbs: 42g
- Fat: 17g

Estimated Cost:

\$3-4

10. Buffalo Chicken Loaded Fries



Ingredients:

- Air-fried potatoes
- 6 oz chicken breast
- Buffalo sauce
- Greek yogurt ranch
- Green onions

How to Make:

1. Cut potatoes into fries.
2. Air fry or bake at 425°F for 25–30 minutes.
3. Season chicken with garlic powder, salt, and pepper.
4. Cook chicken in a skillet until fully cooked.
5. Toss chicken in buffalo sauce.
6. Add fries to bowl or plate.
7. Top with buffalo chicken.
8. Drizzle Greek yogurt on top like ranch.
9. Add green onions.

Estimated Cost:

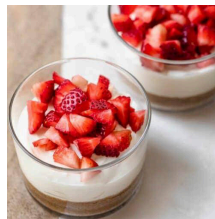
\$4

Macros:

- Calories: 500
- Protein: 52g
- Carbs: 42g
- Fat: 11g

Desserts:

1. Strawberry Cheesecake Protein Bowl



Ingredients

- 1 cup nonfat Greek yogurt
- 1 scoop vanilla protein powder
- 4 strawberries
- 1 crushed graham cracker
- Sugar-free cheesecake pudding mix

How to Make:

1. Add Greek yogurt, protein powder, and pudding mix into a bowl.
2. Stir until thick and smooth.
3. Slice strawberries and place on top.
4. Crush graham cracker over the bowl.
5. Refrigerate 10 minutes for a thicker cheesecake texture.

Macros:

- Calories: 330

- Protein: 40g
 - Carbs: 25g
 - Fat: 6g
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2. Frozen Peanut Butter Banana Bites



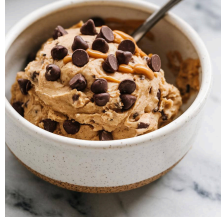
Ingredients:

- Banana slices
- Peanut butter
- Dark chocolate chips
- Greek yogurt drizzle

How to make:

1. Sandwich peanut butter between banana slices
 2. Freeze 30 mins
 3. Drizzle melted dark chocolate
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3. Protein Cookie Dough Bowl



Ingredients:

- Vanilla protein powder
- Peanut butter powder
- Greek yogurt
- Dark chocolate chips
- Splash almond milk

How to make:

1. Add protein powder, peanut butter powder, and yogurt into a bowl.
2. Mix until thick like cookie dough.
3. Add a small splash of almond milk if too thick.
4. Stir in chocolate chips.
5. Refrigerate 10 minutes before eating.

Macros:

- Calories: 280
- Protein: 40g
- Carbs: 15g
- Fat: 8g

4. Oreo Protein Ice Cream



Ingredients:

- 1 protein shake
- 1/2 cup Greek yogurt
- 2 Oreo Thins crushed
- Ice cubes

How to make:

1. Add protein shake, Greek yogurt, and ice into a blender.
2. Blend until thick and creamy.
3. Stir crushed Oreos into the mixture.
4. Freeze 15–20 minutes for a thicker texture.
5. Serve immediately.

Macros:

- Calories: 300
 - Protein: 38g
 - Carbs: 20g
 - Fat: 7g
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5. Cinnamon Roll Protein Oats



Ingredients:

- 1/2 cup oats
- 1 scoop vanilla protein powder
- Cinnamon
- 1/2 cup Greek yogurt
- Sugar-free syrup

How to make:

1. Cook oats according to package instructions.
2. Stir in protein powder after cooking.
3. Add cinnamon and Greek yogurt.
4. Drizzle sugar-free syrup on top.
5. Optional: microwave 10 more seconds for gooey texture.

Macros:

- Calories: 390
- Protein: 36g
- Carbs: 38g
- Fat: 8g

If you found this helpful and want to lose 25lbs in the next 90 days, apply for 1:1 coaching below

[1:1 Coaching](#)