

Weekly Grocery List & Meal Plan (High Protein Telugu Diet)

Grocery List (Toronto)

Proteins

- Eggs (2 dozen or pre-boiled)
- Chicken Breast/Thighs (1.5kg)
- Prawns (Frozen, peeled)
- Salmon/Tilapia (Frozen or fresh)
- Paneer (block or cubes)
- Tofu (firm, plain)
- Greek Yogurt (Liberte / Oikos)
- Canned Tuna/Salmon (in water)
- Whey Protein Powder
- Cottage Cheese (low fat)

Vegetables (Frozen + Fresh Mix)

- Frozen Mixed Veggies
- Spinach (Frozen or fresh)
- Bell Peppers (3-pack)
- Onions + Tomatoes
- Cucumber / Carrots
- Curry Leaves (optional)
- Green Chilies

Carbs (Aside from Sonamasoori Rice + Bread)

- Sweet Potato (or frozen)
- Quinoa (microwave packs)
- Brown Rice (ready pouches)
- Rolled Oats
- Roti (Jowar / Wheat, frozen)

Healthy Fats & Add-ons

- Chia or Flax Seeds

- Olive Oil / Ghee
- Peanut Butter (natural)
- Avocados (2-3 ripe)

Ready-to-Eat or Easy Packs

- MTR Palak Dal / Sambar / Rasam
- Chicken or Veg Curry (Heat-n-Eat)
- Uncle Ben's Rice / Quinoa pouches
- Greek Yogurt Cups
- Protein Bars (Quest / Pure Protein)
- Steamable Veggies (Green Giant, etc)

Spices & Pantry

- Mustard seeds, Cumin seeds (Jeera)
- Curry leaves (fresh or frozen)
- Turmeric, Chili powder, Garam masala
- Tamarind paste
- Ginger garlic paste