

Midlife Grocery List Builder™

Create a practical grocery list centered around protein, colorful plants, fiber, healthy fats and calcium-rich foods.

Choose what fits your household, preferences and week ahead.
You do not need something from every line.

1 Protein

- ☐ Eggs
- ☐ Greek yogurt or cottage cheese
- ☐ Chicken or turkey
- ☐ Fish or seafood
- ☐ Tofu or tempeh
- ☐ Beans, lentils or edamame
- ☐ Unsweetened protein powder
- ☐ Other: _____



2 Colorful Plants

- ☐ Leafy greens
- ☐ Broccoli or cauliflower
- ☐ Peppers or tomatoes
- ☐ Carrots or squash
- ☐ Mushrooms or zucchini
- ☐ Berries
- ☐ Apples, pears or citrus
- ☐ Other: _____



3 Fiber-Rich Carbohydrates

- ☐ Oats or barley
- ☐ Quinoa or brown rice
- ☐ Sweet potato or winter squash
- ☐ Whole-grain bread or wraps
- ☐ Beans, lentils or chickpeas
- ☐ Whole-grain crackers
- ☐ Other: _____



4 Healthy Fats & Flavor

- ☐ Extra-virgin olive oil
- ☐ Avocado
- ☐ Seeds or seed butter
- ☐ Olives
- ☐ Tahini
- ☐ Fresh herbs
- ☐ Lemon, lime or vinegar
- ☐ Other: _____



5 Calcium-Rich Choices

- | | |
|---|---|
| ☐ Milk or fortified plant beverage | ☐ Calcium-set tofu |
| ☐ Greek yogurt | ☐ Canned salmon or sardines with bones |
| ☐ Cottage cheese | ☐ Calcium-rich greens |

☐ Other: _____



A Few Convenient Backups

- | | | |
|--|--|--|
| ☐ Frozen vegetables | ☐ Canned beans or lentils | ☐ Pre-cooked whole grains |
| ☐ Frozen fruit | ☐ Canned fish | ☐ Hard-boiled eggs |

☐ Other: _____



Three Meals I Can Build This Week

1 _____
2 _____
3 _____



Martine's Midlife Wellness Tip

Before shopping, choose two or three meals you can make from overlapping ingredients. It saves money, reduces waste and makes busy days easier.



Adjust choices for allergies, medical conditions, budget, culture and personal preferences.