

Macro Counting Grocery List

Free printable | KaloCam | 30 options by supermarket aisle | October 28, 2026

Check the foods you want, then scale portions for your meals. These are choices, not a list to buy in full. Gram weights are edible amounts; oz means weight. Cups and spoons use USDA measures. Use grams if your cup size differs. Foods can contribute more than one macro.

Protein foods

Check / food / aisle	Portion (g)	kcal	P (g)	C (g)	F (g)	P / 100 kcal (g)
[] Chicken breast, roasted, skinless Meat & poultry FDC 171477	3 oz, cooked 85 g	140	26	0	3	18.8
[] Turkey breast, roasted Meat & poultry FDC 171496	3 oz 85 g	125	26	0	1.8	20.5
[] Egg, whole, raw Eggs & dairy FDC 171287	1 large egg 50 g	72	6.3	0.4	4.8	8.8
[] Greek yogurt, plain nonfat Eggs & dairy FDC 170894	1 container (6 oz) 170 g	100	17	6.1	0.7	17.3
[] Cottage cheese, creamed Eggs & dairy FDC 172179	1/2 cup 112.5 g	110	13	3.8	4.8	11.3
[] Tofu, firm, calcium-set, raw Refrigerated plant proteins FDC 172475	1/2 cup 126 g	181	22	3.5	11	12
[] Light tuna, canned in water, drained Canned fish FDC 173709	3 oz, drained 85 g	73	17	0	0.8	22.6
[] Salmon, farmed Atlantic, raw Seafood FDC 175167	3 oz, raw salmon 85 g	177	17	0	11	9.8
[] Shrimp, cooked Seafood FDC 171971	3 oz 85 g	101	19	1.3	1.4	19.1
[] Ground beef, 90% lean, raw Meat & poultry FDC 174030	4 oz, raw 113 g	199	23	0	11	11.4

Carbohydrate foods

Check / food / aisle	Portion (g)	kcal	P (g)	C (g)	F (g)	P / 100 kcal (g)
[] Oatmeal, cooked with water Cereal aisle FDC 173905	1 cup, cooked 234 g	166	5.9	28	3.6	3.6
[] White rice, cooked Grains aisle FDC 168878	1 cup, cooked 158 g	205	4.3	45	0.4	2.1
[] Potato, baked, flesh and skin Produce FDC 170093	1 medium, baked with skin 173 g	161	4.3	37	0.2	2.7
[] Sweet potato, baked flesh Produce FDC 168483	1 medium, baked 114 g	103	2.3	24	0.2	2.2
[] Quinoa, cooked Grains aisle FDC 168917	1 cup, cooked 185 g	222	8.1	39	3.6	3.7
[] Whole-wheat bread, toasted Bread aisle FDC 172689	1 slice, toasted 25 g	77	4.1	13	1	5.3
[] Banana, raw Produce FDC 173944	1 medium banana 118 g	105	1.3	27	0.4	1.2
[] Apple with skin, raw Produce FDC 171688	1 medium apple 182 g	95	0.5	25	0.3	0.5

Cooked foods: weigh after cooking. Raw foods: weigh before cooking. Tuna: drain first. Oats, rice and quinoa are weighed cooked; buy the dry ingredient. Weigh bread after toasting. Added oil and sauces are extra. Whole eggs, salmon and creamed cottage cheese also contribute fat.

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Fat foods

Check / food / aisle	Portion (g)	kcal	P (g)	C (g)	F (g)	P / 100 kcal (g)
[] Avocado, California, raw Produce FDC 171706	1/2 avocado 68 g	114	1.3	5.9	10	1.2
[] Olive oil Oils aisle FDC 171413	1 tbsp 13.5 g	119	0	0	14	0
[] Almonds Nuts aisle FDC 170567	1 oz (about 23 almonds) 28.4 g	164	6	6.1	14	3.7
[] Peanut butter, smooth, salted Nut butters FDC 174266	2 tbsp 32 g	191	7.1	7.1	16	3.7
[] Cheddar cheese Dairy FDC 173414	1 oz 28.4 g	114	6.5	1	9.4	5.7
[] Almond butter, unsalted Nut butters FDC 168588	1 tbsp 16 g	98	3.4	3	8.9	3.4

Low-calorie vegetables

Check / food / aisle	Portion (g)	kcal	P (g)	C (g)	F (g)	P / 100 kcal (g)
[] Cucumber with peel, raw Produce FDC 168409	1/2 cup, sliced 52 g	8	0.3	1.9	0.1	4.3
[] Romaine lettuce, raw Produce FDC 169247	1 cup, shredded 47 g	8	0.6	1.5	0.1	7.2
[] Tomato, raw Produce FDC 170457	1 plum tomato 62 g	11	0.5	2.4	0.1	4.9
[] Green bell pepper, raw Produce FDC 170427	1 medium pepper 119 g	24	1	5.5	0.2	4.3
[] Celery, raw Produce FDC 169988	1 medium stick 40 g	6	0.3	1.2	0.1	4.9
[] Kale, raw Produce FDC 168421	1 cup, raw 21 g	7	0.6	0.9	0.3	8.3

Use your existing targets

Choose protein foods first. Add a grain, potato or fruit portion, plus vegetables. Measure added fats and count the fat in your protein foods. Subtract pantry supplies, combine quantities by aisle, and round purchases up to package sizes.

Sources and method

USDA FoodData Central, SR Legacy April 2018. FDC IDs identify the record for every nutrient in each row: fdc.nal.usda.gov/food-details/ID/nutrients. P = protein; C = total carbs; F = fat. Portion values = USDA per 100 g x grams / 100. P / 100 kcal = unrounded protein / calories x 100. No rankings or daily prescription. Calories round to integers. Portion macros follow the linked food pages: one decimal below 10 g, whole grams at 10 g or above; trailing zeros removed. Ratios and weights show at most one decimal. Brands and preparation can change values. Full sources and food-page links: kalocam.com/meal-plans/macro-counting-grocery-list/