

+ Grocery List +

for Busy Agents

Fuel your week, simplify your choices, and skip the decision fatigue.

Protein Staples

Easy to prep, cook, and store

- Rotisserie chicken
- Pre-cooked grilled chicken strips
- Ground turkey or ground beef
- Salmon or tuna packets
- Hard-boiled eggs (pre-packaged or made at home)
- Turkey or chicken sausage
- Tofu or tempeh (if plant-based)
- Protein shakes or bars (look for low-sugar, clean ingredients)

Quick Veggies

Minimal chopping, max nutrients

- Baby spinach or spring mix
- Shredded carrots
- Mini bell peppers
- Cucumbers
- Pre-chopped stir-fry mix or slaw
- Frozen broccoli, cauliflower, or green beans
- Steamer bags of mixed veggies

Smart Snacks + Fruit

Grab-and-go energy

- Apples, bananas, or oranges
- Berries (great for smoothies or snacks)
- Medjool dates (for quick sweet cravings)
- Nut butter packets (almond, peanut, etc.)
- Hummus cups or guacamole singles
- Rice cakes or seed crackers
- Trail mix (DIY or low-sugar store-bought)

Carb-Smart Staples

Fast fuel to keep you going

- Brown rice or quinoa microwave packs
- Sweet potatoes or baby potatoes
- Whole grain or cassava tortillas
- Oats (overnight oats, microwaveable cups)
- Chickpea or lentil pasta
- Low-carb wraps or flatbreads

Flavor & Fuel Add-ons

For fast meals that don't taste boring

- Olive oil or avocado oil spray
- Coconut aminos or low-sodium soy sauce
- Salsa or pico de gallo
- Salad dressings (low-sugar, clean ingredients)
- Everything but the Bagel seasoning
- Garlic paste or pre-minced garlic
- Fresh herbs or basil pesto

Realtor Refill Must-Haves

Wellness essentials for the in-between moments

- Electrolyte packets or tablets
- Sparkling water
- Herbal teas or mushroom coffee
- Greens powder or vitamin packs
- Dark chocolate (70%+ for cravings control)

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Quick Tips for Shopping Like a Pro

- Stick to the **outer aisles**: that's where the fresh stuff lives.
- Build your meals around **protein + fiber + healthy fats** for lasting energy.
- Choose items you can **mix and match** all week (like stir-fry kits + grilled chicken).
- Think **“assembly” meals** — not recipes — to save time.