

Sean's High-Performance Foundation for Busy Professional and Entrepreneur: The 12 Essential Items That Are Always On My Grocery List

You're used to optimizing complex systems. Now, it's time to optimize your nutrition. For the busy tech professional aiming to lose body fat, your grocery list is your highest-leverage asset. This isn't about restrictive dieting; it's about building a foundational list of high-ROI, nutrient-dense foods that fuel high cognitive performance and accelerate fat loss.



The Protein Power Players

Protein is the critical macro for fat loss, especially when you're managing a demanding workload. It helps preserve lean muscle mass and keeps you feeling full longer (1).

Whole Eggs

The "gold standard" of protein; perfect for quick, nutrient-dense fuel.

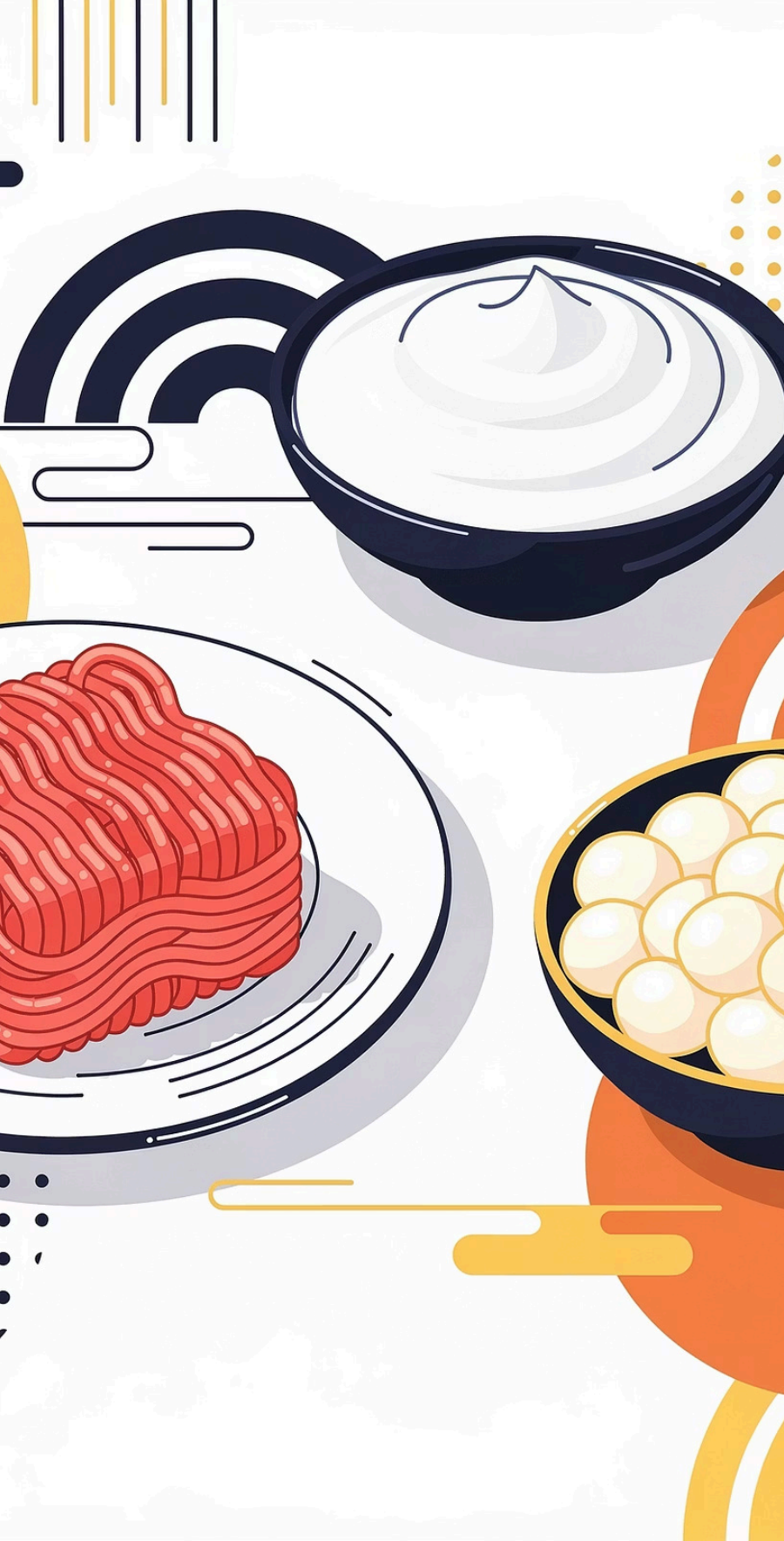
Liquid Egg Whites

High-volume lean protein that blends easily into meals for maximum efficiency.

Chicken Breast

The ultimate versatile lean protein for consistent meal prepping.





More Protein Power Players

Extra Lean Ground Beef

Provides essential iron and B12 to keep energy high during long deep-work sessions (2).

Greek Yogurt (Plain)

High in protein and probiotics; a quick, no-prep snack for between meetings.

Cottage Cheese

Slow-digesting casein protein—perfect for sustained recovery overnight.

- ☐ These six protein sources form the backbone of your high-performance nutrition plan. Rotate them throughout the week for variety and consistency.

The Complex Fuel

Don't crash the system. Carbohydrates are your brain and body's primary fuel source. The key is choosing complex, high-fiber sources that provide a steady release of energy, not the sugar spike and crash that follows (3).

Old Fashioned Oats

High-fiber, slow-burning fuel to prevent mid-afternoon energy crashes.

Rice (Jasmine is best)

Always eaten with proteins, veggies, water. An easy-to-digest carbohydrate source to power your workouts and brain.





The Micronutrient & Volume Boosters

These items maximize satiety with minimal calories, making fat loss feel effortless. They also deliver the micronutrients needed to keep your complex biochemistry running smoothly.



Spring Mix Salad Greens

The ultimate zero-prep "volume filler." Add a handful to any meal to stay full without the "food coma."



Mixed vegetables

High fiber and micronutrients to support gut health and long-term vitality.



Mixed Berries

Antioxidant-rich "brain food" that's lower in sugar than typical office snacks.

The Healthy Fat

Fats are crucial for hormone synthesis, cell structure, and the absorption of fat-soluble vitamins (A, D, E, and K). Don't fear them—respect them (4).

Avocados (or Olive Oil): Essential for hormone health, cognitive function, and vitamin absorption.

Why Healthy Fats Matter

- Hormone synthesis
- Cell structure support
- Fat-soluble vitamin absorption (A, D, E, K)

Don't Fear Them — Respect Them

Healthy fats are a non-negotiable pillar of your high-performance nutrition stack. Include them daily in the right amounts.





Your Complete 12-Item High-Performance Grocery List

Here's a quick-reference overview of all 12 essential items and their primary role in your performance nutrition plan:

Item	Category	Primary Benefit
Whole Eggs	Protein	Gold standard protein; quick nutrient-dense fuel
Liquid Egg Whites	Protein	High-volume lean protein; blends easily
Chicken Breast	Protein	Versatile lean protein for meal prepping
Extra Lean Ground Beef	Protein	Iron & B12 for sustained energy
Greek Yogurt (Plain)	Protein	Protein + probiotics; no-prep snack
Cottage Cheese	Protein	Slow-digesting casein for overnight recovery
Old Fashioned Oats	Complex Carb	Slow-burning fuel; prevents energy crashes
Rice (Jasmine)	Complex Carb	Easy-to-digest; powers workouts and brain
Spring Mix Salad Greens	Micronutrients	Zero-prep volume filler; prevents food coma
Broccoli	Micronutrients	Fiber + micronutrients for gut health
Mixed Berries	Micronutrients	Antioxidant-rich brain food; low sugar
Avocados / Olive Oil	Healthy Fat	Hormone health, cognition, vitamin absorption



The "Fit Engineer" Pro-Tip

Don't debug your diet while you're standing in the grocery aisle. Stick to the perimeter of the store where the whole foods live. If a product comes in a box with a cartoon mascot or looks like it belongs in a vending machine, leave it on the shelf.

Stick to this optimized list, and you'll spend less time shopping and more time seeing **high-ROI results in the mirror**.

→ Shop the Perimeter

Whole foods live on the outer edges of the store – that's where your list lives too.

→ Avoid the Boxes

If it has a cartoon mascot or belongs in a vending machine, leave it on the shelf.

→ See High-ROI Results

Less time shopping, more time seeing results. Stick to the optimized list.

Want the Exact Blueprints?

Want the exact blueprints on how to use these foods to lose 20+ lbs? If you're a busy tech professional who is tired of the "desk-job fatigue" and wants a simple, sustainable plan to get back in the best shape of your life...

Apply for Coaching with Sean the Fit Engineer

A simple, sustainable plan built specifically for busy tech professionals — designed to get you back in the best shape of your life.

[Click Here to Apply for Coaching](#)

What You'll Get

- Exact food blueprints to lose 20+ lbs
- A plan built for your demanding schedule
- Simple, sustainable strategies
- Freedom from "desk-job fatigue"





References

The nutritional principles in this guide are grounded in peer-reviewed research. The following sources support the key claims made throughout:

(1) Protein & Fat Loss

Paddon-Jones, D., et al. (2008). Protein and exercise: effect on energy balance and body composition. *The American Journal of Clinical Nutrition*.

(2) Iron & B12 Bioavailability

Hurrell, R. F. (2002). Influence of vegetable protein sources on trace element and mineral bioavailability. *The Journal of Nutrition*.

(3) Dietary Fiber & Cognitive Function

Augustin, L. S. A., et al. (2015). Dietary fiber and cognitive function: a systematic review of the literature. *The American Journal of Clinical Nutrition*.

(4) Unsaturated Fatty Acids & Health

Lunn, J., & Theobald, H. E. (2006). The health effects of dietary unsaturated fatty acids. *Nutrition Bulletin*.