

Healthy Grocery List

Fruit:

Apples, bananas, berries, oranges, grapes, etc.

Vegetables:

Leafy greens (spinach, kale, lettuce), broccoli, cauliflower, carrots, cucumbers, bell peppers, etc.

Whole Grains:

Brown rice, quinoa, oats, whole wheat bread or wraps, whole grain pasta.

Lean Proteins

Chicken breast, turkey breast, fish (salmon, tuna), eggs, tofu, legumes (lentils, chickpeas, black beans), Greek yogurt.

Healthy Fats

Avocados, nuts (almonds, walnuts, cashews), seeds (chia, flaxseed), olive oil.

Dairy:

Low-fat milk, unsweetened almond milk, low-fat Greek yogurt, low-fat cottage cheese.

Herbs & Spices:

Basil, oregano, rosemary, turmeric, cinnamon, black pepper.

Snacks:

Raw nuts, seeds, dried fruits (unsweetened), rice cakes, popcorn (air-popped), dark chocolate (70% cocoa or higher).

Beverages:

Water, herbal tea, green tea, unsweetened coffee, sparkling water.

Other Essential:

Garlic, onions, low-sodium broth, natural nut butter (peanut butter, almond butter), and natural sweeteners (honey, maple syrup).

Prioritize whole, unprocessed foods and read food labels to check for added sugars, unhealthy fats, and excessive sodium.