

Healthy GROCERY LIST



VEGETABLES

- ☐ Lacinato kale
- ☐ Baby spinach
- ☐ Cauliflower
- ☐ Avocado
- ☐ Organic lemons
- ☐ Radishes
- ☐ Tomatoes
- ☐ Onions
- ☐ Bell peppers

FRUITS

- ☐ Grapes
- ☐ Apples
- ☐ Pears
- ☐ Watermelon
- ☐ Oranges
- ☐ Bananas
- ☐ Mango
- ☐ Strawberries

PROTEIN

- ☐ Tofu
- ☐ Low fat beef jerky
- ☐ Turkey breast
- ☐ Chicken
- ☐ Albacore tuna

CARBS

- ☐ Quinoa
- ☐ Farro
- ☐ Oats
- ☐ Brown rice
- ☐ Potatoes

DAIRY & EGG

- ☐ Organic free-range eggs
- ☐ Kefir
- ☐ Unsweetened almond milk
- ☐ Aged cheddar
- ☐ Greek yogurt
- ☐ Low-fat cottage cheese
- ☐ Organic cheese sticks
- ☐ Sheep's milk ricotta

SNACKS/EXTRAS

- ☐ Pickles
- ☐ Pickles okra
- ☐ Peanut butter
- ☐ Spices/Seasonings
- ☐ Balsamic vinegar
- ☐ Olive oil
- ☐ Almonds
- ☐ Olive oil mayo
- ☐ Coconut oil