

Healthy Eating Grocery List

*asterisks denote highly recommended foods

Protein (pick at least 3):

Eggs*
Boneless/skinless chicken breast*
Lean ground turkey
Canned Tuna (in water)*
Tilapia*
Wild Salmon* (NOT farm raised)
Tofu (Vegan friendly)
Plain Cottage Cheese
Plain Greek Yogurt
Nonfat cheese sticks

Complex/Starchy Carb

(pick at least 1):

Old-fashioned Oatmeal (non-instant)
Quinoa (Gluten-free options available)
Sweet potato /Yam
Whole Grain Bread (Gluten-free options available)
Brown Rice

Fibrous Veggie (pick at least 3):

Spinach*
Broccoli*
Asparagus*
Kale*
Bell Peppers
Mushrooms
Cauliflower*
Brussel Sprouts
Green beans
Artichoke
Zucchini*
Cucumber
Squash

Fruit:

Bananas*
Small apples
Small pears
Blueberries*
Raspberries
Strawberries
Lemons (for water & fish)

Beverages:

Water*
Unsweetened Almond Milk
Unsweetened Coconut Milk
Green tea bags*
Coffee*

Healthy Fat (pick at least 2):

Natural peanut butter or almond butter (only ingredient should read peanuts or almonds, there should be oil on top, low/no sodium).
Extra VirginOlive Oil
Safflower Oil
Coconut Oil*
Flaxseed Oil
Almonds*
Walnuts
Pistachios
Avocado*

Condiments:

Balsamic Vinegar
Fresh Salsa
Chili powder
Mrs Dash
Mustard
Cinnamon*
Unsweetened Baking Cocoa
Stevia
Pam non-stick cooking spray*