



Healthy Grocery Shopping List



Produce

- Berries (Strawberries, Blueberries, Raspberries)
- Bananas
- Apples
- Grapes
- Artichoke Hearts (Canned)
- Asparagus
- Avocado
- Green Lettuce (Green Leaf, Red Leaf, Romaine, Spinach)
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Onions
- Roasted Red Peppers (Jammed)
- Diced Tomatoes (Canned)
- Tomatoes

Protein

- Salmon (Wild)
- Shrimp (U.S. Farmed or Wild)
- Rainbow Trout
- Scallops
- Pork Tenderloin (Organic if Possible)
- Chicken (Organic if Possible)
- Piedmontese Beef
- Albacore Tuna (Canned in Water)
- Eggs

Fats

- Nuts (Almonds, Pistachios, Walnuts)
- Peanut Butter (Natural)
- Oils (Olive Oil, Canola Oil, Peanut Oil)

Dairy

- Low Fat Yogurt
- Skim Milk
- Swiss Cheese (light)
- Oliva
- Feta Cheese

Complex Carbohydrates

- Beans (Black, Garbanzo, Kidney)
- Brown Rice
- Whole Grain Bread, Pasta, and Cereals
- Whole Grain Pancakes
- Triscuits
- Wheat Thins
- Soft Corn Tortillas
- Pretzels

Condiments & Misc.

- Dijon Mustard
- Reduced Fat Mayonnaise (With Olive Oil)
- Balsamic Vinegar
- Salsa
- Organic Ketchup
- Light Salad Dressing's
- Chicken Broth
- Maple Syrup (Sugar Free)
- Spices (Basil, Garlic, Oregano, Italian Seasoning, Black Pepper)
- Mrs. Dash (Replacement for Salt)
- Teriyaki Sauce (Low Sodium)
- Pesto Sauce
- Soy Sauce (Low Sodium)
- Marinara Sauce
- Sriracha Sauce