

# 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\*