

# My Healthy Grocery List

## Fruits

- Apple
- Apricot
- Banana
- Berries (Black-, Blue-, Rasp-, Straw-,)
- Cantaloupe
- Citrus (grapefruit, lemon, lime, orange)
- Cherries
- Dates
- Figs
- Grapes (or raisins)
- Guava
- Honeydew
- Kiwi
- Natural applesauce
- Nectarine
- Peach
- Pear
- Pineapple
- Plums
- Pomegranate
- Tangerine
- Watermelon

## Vegetables

- Asparagus
- Artichokes
- Avocado
- Beans (kidney, pinto, black-eyed peas, lentils, fava, cannellini beans, lima, chickpeas)
- Beets
- Brussels sprouts
- Broccoli
- Carrot
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green beans
- Green leaf lettuce
- Green peas
- Greens (collard, kale, mustard, turnip)

- Mushrooms
- Okra
- Olives (fresh black and green)
- Onion
- Peppers
- Potatoes (red, russet, sweet, yellow)
- Radish
- Rhubarb
- Spinach
- Squash (butternut, pumpkin, summer/winter, zucchini)
- Tomato (fruit, paste, and sauce)
- Turnip
- Water chestnut

## Grains

- Barley
- Brown rice
- Bulgur
- Couscous
- Fresh whole grain bread
- Fresh pasta
- Popcorn
- Spelt
- Quinoa
- Wheat
- Whole grain oats

## Beverages

- Fruit juices (60% juice)
- Vegetable juice
- Water
- Wine (one a day at most)

## Fats

- Balsamic vinaigrette
- Butter (rarely)
- Canola oil
- Flaxseed oil
- Olive oil

## Nuts

- Almonds (almond butter)
- Cashews (cashew butter)
- Flaxseeds
- Hazelnuts

- Macadamia
- Peanuts (peanut butter)
- Pecans (pecan butter)
- Pistachios
- Pine nuts
- Pumpkin seeds
- Soybeans
- Sunflower seeds
- Walnuts

## Milk Products

- Cream cheese
- Cottage cheese
- Milk
- Mozzarella
- Parmesan
- Provolone cheese
- Ricotta cheese
- Sour cream
- Swiss cheese
- Yogurt

## Meat

- Beef (sparingly, grass fed)
- Bison
- Buffalo
- Calamari
- Chicken
- Deer meat
- Eggs
- Halibut
- Herring
- Lamb
- Lobster
- Mackerel
- Mussels
- Pork
- Sardines
- Sea bass
- Shrimp
- Swordfish
- Tilapia
- Trout
- Tuna
- Turkey
- Veal
- Wild Alaskan salmon