

Healthy Foods Grocery List

Bread/Grains

- whole wheat bread
- bagels
- pasta
- tortillas
- brown rice

Breakfast

- cereal
- oatmeal
- quinoa

Meat

- chicken
- fish
- shellfish
- ground turkey
- veggie burgers

Drinks

- coffee
- wine
- juice
- tea
- milk/whey milk
- water

Dairy Case

- butter
- cheese
- cottage cheese
- eggs
- sour cream
- yogurt
- tofu
- tempeh

Snacks

- nuts
- chips
- rice cakes
- nuts
- seeds

Frozen

- veggie burgers
- fruit
- vegetables

Cans/Jars

- fruit/vegetables
- jam/jelly
- peanut butter
- soup
- chili

Condiments

- ketchup
- honey
- mustard
- oil
- salad dressing
- spices

Fruits/Veggies

- apples
- avocados
- bananas
- beans
- broccoli
- cauliflower
- celery
- cucumber
- garlic
- grapefruit
- grapes
- kiwi
- lettuce
- mushrooms
- onions
- oranges
- peaches
- peas
- spinach
- sprouts
- squash
- tomato

Miscellaneous

- _____
- _____
- _____
- _____
- _____
- _____

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