

EAT HEALTHY GROCERY LIST

Produce:

- Apples
- Berries
- Melons
- Bananas
- Oranges, grapefruit,
- Cucumbers
- Lemons / limes
- Kale / collards / cabbage / brussels
- lettuce / arugula / spinach
- Broccoli / cauliflower
- Carrots / celery
- Asparagus
- mushrooms
- Tomatoes
- Guacamole / avocado / salsa
- Sweet potato
- Sweet peppers
- Onions / garlic
- Zucchini /squash
- Corn

Meat & Fish:

- White fish
- Salmon
- Shrimp
- Crabmeat
- Ground turkey / chicken
- Chicken breasts
- Fakin' bacon tempeh

Dairy-Cold-Prepared

Foods

- 0% Greek yogurt
- Fat free milk
- Eggs / egg whites
- String cheese
- Daiya vegan shredded cheese
- Ground Parmesan
- Tzatzaki
- Hummus
- Hard boiled eggs
- packaged Udon noodles
- Deli meat
- Natural Turkey / Canadian bacon
- Natural Balance Spread

Frozen:

- Ezekiel' s Bread & english muffins
- Brown rice bread
- Whole wheat wraps
- Fruit for smoothies
- Whole grain Waffles
- Whole grain pizzas
- Endamame
- Frozen low-fat yogurt

Other:

- _____
- _____
- _____
- _____
- _____