Health Food Grocery List

Fruits

- [ ] apples
- [ ] apricots
- [ ] avocados
- [ ] bananas
- [ ] berries
- [ ] blackberries
- [ ] blackcurrant
- [ ] blueberries
- [ ] boysenberries
- [ ] breadfruit
- [ ] cherries
- [ ] clementines
- [ ] coconuts
- [ ] dates
- [ ] dragonfruit
- [ ] elderberries
- [ ] figs
- [ ] grapefruit
- [ ] grapes
- [ ] guava
- [ ] honeydew
- [ ] huckleberries
- [ ] jackfruit
- [ ] kiwi
- [ ] kumquats
- [ ] lemons
- [ ] limes
- [ ] lychee
- [ ] mangos
- [ ] melons
- [ ] nectarines
- [ ] oranges
- [ ] papaya
- [ ] passion fruit
- [ ] peaches
- [ ] pears
- [ ] persimmons
- [ ] pineapples
- [ ] plantains
- [ ] plums
- [ ] pomegranate
- [ ] quince
- [ ] raspberries
- [ ] redcurrant
- [ ] satsumas
- [ ] star fruit
- [ ] strawberries
- [ ] tangerines
- [ ] watermelon
- [ ] _____
- [ ] _____
- [ ] _____

Breakfast

- [ ] bran cereal
- [ ] wheat germ
- [ ] granola
- [ ] almond butter
- [ ] oatmeal
- [ ] flaxseed
- [ ] _____
- [ ] _____
- [ ] _____

Meat

- [ ] lean chicken
- [ ] ground turkey
- [ ] lamb
- [ ] goat
- [ ] bison
- [ ] pork
- [ ] turkey bacon
- [ ] prosciutto
- [ ] _____
- [ ] _____
- [ ] _____

Seafood

- [ ] catfish
- [ ] cod
- [ ] crab
- [ ] halibut
- [ ] lobster
- [ ] oysters
- [ ] salmon
- [ ] shrimp
- [ ] tilapia
- [ ] tuna
- [ ] _____
- [ ] _____
- [ ] _____

Meat Alternatives

- [ ] tofu
- [ ] tempeh
- [ ] seitan
- [ ] quorn
- [ ] paneer
- [ ] soy burgers
- [ ] soy hot dogs
- [ ] _____
- [ ] _____
- [ ] _____

Sauces & Condiments

- [ ] catsup
- [ ] cooking spray
- [ ] honey
- [ ] horseradish
- [ ] hot sauce
- [ ] lemon juice
- [ ] mustard
- [ ] relish
- [ ] truffle oil
- [ ] salad dressing
- [ ] salsa
- [ ] soy sauce
- [ ] tartar
- [ ] vegan mayo
- [ ] vegetable oil
- [ ] vinegar
- [ ] _____
- [ ] _____
- [ ] _____

Baking

- [ ] agave
- [ ] baking powder
- [ ] baking soda
- [ ] carob chips
- [ ] cocoa
- [ ] cornmeal
- [ ] cornstarch
- [ ] flour
- [ ] food coloring
- [ ] frosting
- [ ] honey
- [ ] yeast
- [ ] _____
- [ ] _____
- [ ] _____

Snacks

- [ ] almonds
- [ ] mixed nuts
- [ ] cashews
- [ ] dried fruit
- [ ] fruit leather
- [ ] gelatin
- [ ] granola bars
- [ ] gum
- [ ] hazelnuts
- [ ] peanuts
- [ ] pistachios
- [ ] popcorn
- [ ] pumpkin seeds
- [ ] raisins
- [ ] rice crackers
- [ ] sunflower seeds
- [ ] walnuts
- [ ] _____
- [ ] _____
- [ ] _____

Grains/Carbs

- [ ] brown rice
- [ ] quinoa
- [ ] lentil
- [ ] yams
- [ ] lentils
- [ ] red beans
- [ ] white beans
- [ ] black beans
- [ ] pinto beans
- [ ] chickpeas
- [ ] barley
- [ ] whole wheat pasta
- [ ] edamame
- [ ] _____
- [ ] _____
- [ ] _____

Frozen Food

- [ ] veggies
- [ ] fruit
- [ ] turkey bacon
- [ ] turkey sausage
- [ ] fruit popsicles
- [ ] _____
- [ ] _____
- [ ] _____

Cans & Jars

- [ ] applesauce
- [ ] broth
- [ ] bullion cubes
- [ ] canned fruit
- [ ] canned vegetables
- [ ] carrots
- [ ] creamed corn
- [ ] jam/jelly
- [ ] mushrooms
- [ ] olives (green)
- [ ] olives (black)
- [ ] pasta sauce
- [ ] peanut butter
- [ ] pickles
- [ ] pumpkin
- [ ] soup
- [ ] sweet potatoes
- [ ] tomatoes
- [ ] _____
- [ ] _____

Refrigerated

- [ ] skim milk
- [ ] goat milk
- [ ] soy milk
- [ ] almond milk
- [ ] flax milk
- [ ] coconut milk
- [ ] egg whites
- [ ] tofu
- [ ] greek yogurt
- [ ] _____
- [ ] _____

Drinks

- [ ] beer
- [ ] champagne
- [ ] club soda
- [ ] coffee
- [ ] diet soft drinks
- [ ] energy drinks
- [ ] juice
- [ ] liquor
- [ ] soft drinks
- [ ] tea
- [ ] wine
- [ ] _____
- [ ] _____

Seasoning

- [ ] basil
- [ ] bay leaves
- [ ] bbq seasoning
- [ ] cinnamon
- [ ] cloves
- [ ] cumin
- [ ] curry
- [ ] dill
- [ ] garlic powder
- [ ] garlic salt
- [ ] gravy mix
- [ ] Italian seasoning
- [ ] marinade
- [ ] meat tenderizer
- [ ] oregano
- [ ] paprika
- [ ] pepper
- [ ] poppy seed
- [ ] red pepper
- [ ] sage
- [ ] salt
- [ ] seasoned salt
- [ ] soup mix
- [ ] vanilla extract
- [ ] _____
- [ ] _____

Vegetables

- [ ] artichokes
- [ ] arugula
- [ ] asparagus
- [ ] basil
- [ ] beets
- [ ] broccoli
- [ ] cabbage
- [ ] cauliflower
- [ ] carrots
- [ ] celery
- [ ] chilies
- [ ] onions
- [ ] cilantro
- [ ] corn
- [ ] cucumbers
- [ ] eggplant
- [ ] garlic cloves
- [ ] green onions
- [ ] kale
- [ ] lettuce
- [ ] onions
- [ ] peppers
- [ ] potatoes
- [ ] salad greens
- [ ] shallots
- [ ] spinach
- [ ] sprouts
- [ ] squash
- [ ] tomatoes
- [ ] zucchini
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____