



HEALTHY GROCERY SHOPPING LIST

PRODUCE

BERRIES
BANANAS
APPLES
GRAPES
ARTICHOKE HEARTS
ASPARAGUS
AVOCADO
GREEN LETTUCE
BROCCOLI
CARROTS
ONIONS
TOMATOES
ROASTED RED PEPPERS

DAIRY

LOW FAT YOGURT
SKIM MILK
SWISS CHEESE
OLIVIA
FETA CHEESE

PROTEIN

SALMON (WILD)
SHRIMP (FARMED OR WILD)
RAINBOW TROUT
SCALLOPS
PORK TENDERLOIN
CHICKEN
EGGS
TUNA

FATS

NUTS
PEANUT BUTTER
OILS

COMPLEX CARBO

BEANS
BROWN RICE
WHOLE GRAIN BREAD
PASTA
CEREALS
TRISCUITS
WHEAT THINS
SOFT CORN TORTILLAS
PRETZELS

CONDIMENTS

DIJON MUSTARD
SALSA
ORGANIC KETCHUP
MAPLE SYRUP
TERIYAKI SAUCE
SOY SAUCE
LIGHT SALAD DRESSING'S
BALSAMIC VINEGAR
MARINARA SAUCE