

## Healthy Foods Grocery List

### Bread/Grains

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

### Breakfast

- cereal
- oatmeal
- quinoa

### Meat

- chicken
- fish
- seafood
- ground beef

### Cans/Jars

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

### Condiments

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

### Fruits/V

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