

HEALTHY *Grocery List*

EatMoveDreamRepeat.com

PRODUCE:

Apples
Oranges/Cuties/Grapefruit
Bananas
Kiwi
Grapes
Melons
Carrots
Snap Peas
Broccoli
Asparagus
Sweet Potatoes
Dark Leafy Green Salad Mix

MEAT:

Chicken Breast
Rotisserie Chicken
Ground Turkey
Porkloin Roast
Porkchops
Steak
Salmon
Deli Turkey Meat (low sodium)

DAIRY & DRINKS:

Milk
Almond Milk
Coconut Water, Coconut Milk
Cheese Sticks
Cottage Cheese
Greek Yogurt (your favorite flavors!)
Ricotta Cheese
Shredded Mozzarella Cheese
Neufchatel Cheese (next to cream cheese)
Eggs

BAKING/COOKING:

Coconut Oil
Extra Virgin Olive Oil
Stevia Liquid Drops

FREEZER:

Chicken Breast
Salmon or Tilapia
Mixed Fruit
Stir Fry Veggie Mix

GRAIN:

Tortillas (corn or whole wheat)
Whole Wheat Pasta
Tortilla Chips
Whole Wheat Crackers
Whole Wheat Bread
Whole Wheat Pita Bread
Whole-Wheat Mini-Bagels
Whole-Wheat English Muffins
Steel Cut Oats or Oldfashioned Oatmeal
Granola
Brown Rice
Quinoa

BULK:

Raw Nuts: Almonds, Cashews, Pecans, Peanuts
Dried fruit: mangos, cherries, cranberries, rasins
Trail Mix

JAR & CANNED GOODS:

Black Beans/ Pinto Beans
Chopped Tomatoes with Green Chilis
Salsa
Pasta Sauce
BBQ Sauce
Curry Sauce
Neutral Peanut Butter/Almond Butter
All Fruit Jam
Honey
Pure Maple Syrup

OTHER:

100% Fruit Leathers
Dark Chocolate Bar 70% or higher