



Grocery List



Fruits & Vegetables

- ☐ Strawberry
- ☐ Pumpkin
- ☐ Carrot
- ☐ Peach
- ☐ Banana
- ☐ Sweet potato
- ☐ Cherry
- ☐ Spinach
- ☐ Broccoli
- ☐ Kiwi

Bread & Grains

- ☐ Oatmeal
- ☐ Quinoa
- ☐ Rice cake
- ☐ Corn tortilla
- ☐ Millet
- ☐ Barley
- ☐ Buckwheat
- ☐ Brown rice
- ☐ Bulgur
- ☐ Whole grain bread

Fish, Meat, Protein

- ☐ Chicken breast
- ☐ Salmon
- ☐ Egg
- ☐ Lean beef
- ☐ Turkey breast
- ☐ Cod
- ☐ Hake
- ☐ Sardine in water
- ☐ Kefir
- ☐ Tuna in water

Dairy

- ☐ Low fat milk
- ☐ Skim milk
- ☐ Oat milk
- ☐ Soy milk
- ☐ Ricotta
- ☐ Low fat cheddar
- ☐ Feta
- ☐ Low fat yogurt
- ☐ Almond milk
- ☐ Lactose free milk

Canned & Frozen Food

- ☐ Frozen spinach
- ☐ Canned chickpea
- ☐ Canned bean
- ☐ Frozen corn
- ☐ Frozen pea
- ☐ Frozen broccoli
- ☐ Frozen carrot
- ☐ Frozen berry
- ☐ Frozen green bean
- ☐ Canned tomato

Fats & Pantry Staples

- ☐ Olive oil
- ☐ Canola oil
- ☐ Walnut
- ☐ Pumpkin seed
- ☐ Cashew
- ☐ Chia seed
- ☐ Almond
- ☐ Hazelnut
- ☐ Flaxseed
- ☐ Sesame seed

Others: