

Healthy Food Checklist

Fruits & Vegetables

- Carrots
- Spinach
- Broccoli
- Bell peppers
- Tomatoes
- Sweet potatoes
- Apples
- Bananas
- Berries
- Oranges

Grains

- Brown rice
- Oats
- Whole wheat bread
- Quinoa
- Whole grain pasta

Dairy & Eggs

- Eggs
- Low-fat milk
- Greek yogurt
- Cottage cheese
- Plant-based milk

Protein

- Chicken breast
- Fish (salmon, tuna)
- Lean beef or turkey
- Tofu
- Beans or lentils

Frozen

- Frozen vegetables
- Frozen fruits
- Frozen fish

Snacks

- Nuts
- Seeds
- Peanut butter
- Yogurt snacks
- Dark chocolate

Pantry Items

- Olive oil
- Spices & herbs
- Low-sodium broth
- Honey
- Vinegar

Notes