



HEALTHY GROCERY LIST

FRUIT

- ☐ Bananas
- ☐ Apples
- ☐ Lemons
- ☐ Berries (fresh or frozen)

VEGETABLES

- ☐ Onion
- ☐ Garlic
- ☐ Zucchini
- ☐ Bell peppers
- ☐ Cucumber
- ☐ Carrots
- ☐ Mushrooms
- ☐ Broccoli
- ☐ Green leafy vegetables
- ☐ Tomatoes

PROTEIN

- ☐ Eggs
- ☐ Tofu
- ☐ Chicken breast
- ☐ Regional fish
- ☐ Ground beef

DAIRY/NON-DAIRY PRODUCTS

- ☐ Milk or (non-dairy) plant milk
- ☐ Cottage cheese
- ☐ Curd cheese
- ☐ Plain yogurt or (non-dairy) coconut milk yogurt

CARBOHYDRATES

- ☐ Gluten-free oats*
- ☐ (Sweet) potatoes*
- ☐ Whole-grain pasta
- ☐ Rice*
- ☐ Quinoa*
- ☐ Whole-wheat flour
- ☐ Whole-wheat bread
- ☐ Lentils*

HEALTHY FATS

- ☐ Unsalted nuts
- ☐ Peanut butter
- ☐ Almond butter
- ☐ Flaxseeds
- ☐ Avocados
- ☐ Coconut oil
- ☐ Olive oil
- ☐ Linseed oil
- ☐ Chia seeds

CANNED FOOD

- ☐ Kidney beans
- ☐ Chickpeas
- ☐ Corn
- ☐ Tuna
- ☐ Tomatoes

FERMENTED FOODS

- ☐ Sauerkraut
- ☐ Kombucha
- ☐ Beets

HERBS & SPICES

- ☐ Basil
- ☐ Cilantro
- ☐ Parsley
- ☐ Rosemary
- ☐ Thyme
- ☐ Cinnamon
- ☐ Chili powder
- ☐ Paprika
- ☐ Oregano

BEVERAGES

- ☐ Green tea
- ☐ Herbal tea

FOR THE PANTRY

- ☐ Dark chocolate
- ☐ Honey or maple syrup
- ☐ Balsamic vinegar
- ☐ Dried dates

*gluten-free