

Healthy Grocery List



Produce

Fresh fruit (rainbow colors)
Lemons/limes
Fresh vegetables (rainbow colors)
Green leafy vegetables
Potatoes, sweet potatoes
Fresh herbs
Avocado
Precut fresh vegetables
Raw sauerkraut, raw pickles

Meat/Poultry/Fish

Skinless chicken breast, thighs
Skinless turkey breast
99% fat free ground turkey, chicken
93% lean ground beef
Lean pork loin
Lean flank steak, beef tenderloin
Fresh fish
Wild salmon
Shrimp

Dairy

Low fat milk
Unsweetened plant based milk with protein
Eggs
Cheese (feta, parmesan, goat)
Plain cottage cheese
Plain Greek yogurt
Tofu
Butter

Frozen

Frozen vegetables (without sauce)
Frozen unsweetened fruit

Deli

Lean deli meat (turkey, roast beef)
Humus

Grains

Whole grain pasta
Bean pasta
Brown rice
Quinoa
Barley, bulgur
Dry lentils

Canned/Staples

Canned diced tomatoes
Canned kidney beans, black beans, chickpea
Canned tuna, salmon, sardines
Reduced sodium broth
Natural peanut butter, almond butter
Tahini
Salsa
Olives
Raw unsalted nuts
Pumpkin seeds, sunflower seeds
Chia seeds, flax seeds
Sesame seeds
Organic popcorn
Whole grain crackers

Bread/Cereal

Whole wheat or corn tortillas
Plain oatmeal
Unsweetened whole grain cereal
100% whole grain or sprouted bread

Seasonings

Avocado oil
Extra virgin olive oil
Sesame oil
Coconut oil
Sea salt
Black pepper
Cayenne pepper
Cinnamon
Cardamom
Cumin
Coriander
Turmeric
Paprika
Chili powder
Curry powder
Basil
Orgegano
Dill
Ginger
Hot sauce
Dijon mustard
Reduced sodium soy sauce
Honey
Horseradish
Balsamic vinegar
Cider vinegar
Wine vinegar
Mayo made with olive oil or avocado oil
Nutritional yeast
Miso

Beverages

Tea, green tea, rooibos chai tea, herb tea
Coffee
Seltzer water

Do NOT Buy Foods Containing:

High fructose corn syrup/Corn sugar
Hydrogenated oils
Artificial sweeteners
Aspartame/nutrasweet
Sucralose/Splenda
Allulose
Saccharin
Sugar alcohols
Sorbitol, mannitol
BHA/BHT
Bromated flour
Bromated vegetable oil
Sulfites, sodium bisulfate
Nitrates, nitrites
MSG
Parabens
Carrageenan

