



HEALTHY LIVING
NUTRITION

Grocery Shopping List

Produce

- _____ Apples
- _____ Asparagus
- _____ Avocados
- _____ Bananas
- _____ Bell peppers
- _____ Blackberries
- _____ Blueberries
- _____ Broccoli
- _____ Brussels sprouts
- _____ Cantaloupe
- _____ Carrots
- _____ Cauliflower
- _____ Celery
- _____ Cherries
- _____ Collard greens
- _____ Corn
- _____ Cucumber
- _____ Eggplant
- _____ Garlic
- _____ Grapes
- _____ Green beans
- _____ Honeydew
- _____ Kale
- _____ Kiwi
- _____ Lettuce
- _____ Mushrooms
- _____ Onions
- _____ Orange juice
- _____ Oranges
- _____ Peaches
- _____ Pears
- _____ Pineapple
- _____ Potato
- _____ Raspberries
- _____ Spaghetti squash
- _____ Spinach
- _____ Strawberries
- _____ Sweet peas
- _____ Sweet potato
- _____ Tomatoes
- _____ Watermelon
- _____ Yellow Squash
- _____ Zucchini

Meat, Fish, & Seafood

- _____ Beef flank steak
- _____ Beef round steak
- _____ Beef shoulder roast
- _____ Beef shoulder steak
- _____ Beef sirloin
- _____ Beef T-bone steak
- _____ Beef tenderloin or top loin
- _____ Chicken breast
- _____ Chicken tenders
- _____ Chicken thighs
- _____ Cod
- _____ Ground beef, at least 93% lean
- _____ Ground turkey
- _____ Pollock
- _____ Pork chops
- _____ Pork loin
- _____ Salmon
- _____ Tilapia
- _____ Trout
- _____ Turkey cutlets

Frozen Foods

- _____ Blackberries
- _____ Blueberries
- _____ Cherries
- _____ Collard greens
- _____ Mixed berries
- _____ Raspberries
- _____ Asparagus
- _____ Broccoli
- _____ Brussels sprouts
- _____ Cauliflower
- _____ Corn
- _____ Frozen beans
- _____ Green beans
- _____ Kale
- _____ Mixed vegetables
- _____ Spinach
- _____ Sweet peas
- _____ Sweet potato
- _____ Zucchini

Refrigerated Foods

- _____ Almond milk yogurt, plain
- _____ Almond milk, unsweetened
- _____ Cheddar cheese
- _____ Cottage cheese
- _____ Butter
- _____ Egg whites
- _____ Eggs
- _____ Feta cheese
- _____ Greek yogurt
- _____ Guacamole
- _____ Hummus
- _____ Milk, 1% or skim
- _____ Mozzarella
- _____ Oat milk, unsweetened
- _____ Orange juice, 100% with calcium
- _____ Parmesan
- _____ Plain yogurt
- _____ Ricotta Cheese
- _____ Soy milk yogurt, plain
- _____ Soy milk, unsweetened
- _____ Swiss

Breads & Grains

- _____ Barley
- _____ Brown rice
- _____ Corn tortillas
- _____ Cream of wheat
- _____ Cream of rice
- _____ Oatmeal
- _____ Popcorn
- _____ Quinoa
- _____ Rice cakes
- _____ Whole grain bread
- _____ Whole grain pasta
- _____ Whole grain pita
- _____ Whole wheat crackers
- _____ Whole wheat roll
- _____ Whole wheat tortilla

* No salt added when available
+ Canned in 100% juice



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Canned Goods & Dried Beans

- _____ Tuna (chunk light canned in water)
- _____ Black beans*
- _____ Black-eyed peas*
- _____ Garbanzo / chickpeas*
- _____ Kidney beans*
- _____ Lentils, dried
- _____ Applesauce
- _____ Carrots*
- _____ Collard greens*
- _____ Corn*
- _____ Olive
- _____ Potato*
- _____ Spinach*
- _____ Sweet peas*
- _____ Mandarin oranges +
- _____ Peaches +
- _____ Pears +
- _____ Pineapple +

Nuts, Seeds, & Oils

- _____ Avocado oil
- _____ Canola oil
- _____ Olive oil
- _____ Oil-based salad dressing
- _____ Almonds
- _____ Almond butter
- _____ Chia seeds
- _____ Flax seeds
- _____ Peanuts
- _____ Peanut butter
- _____ Pistachios
- _____ Sunflower seeds
- _____ Sunflower butter
- _____ Walnuts
- _____ Pepitas (pumpkin seeds)

Herbs & Spices

- _____ Basil
- _____ Black pepper
- _____ Chili Powder
- _____ Cinnamon
- _____ Cumin
- _____ Garlic Powder
- _____ Ginger
- _____ Italian Seasoning Blend
- _____ Mrs. DASH seasoning blend(s)
- _____ Nutmeg
- _____ Onion Powder
- _____ Oregano
- _____ Paprika
- _____ Parsley
- _____ Rosemary
- _____ Sage
- _____ Salt, iodized
- _____ Thyme
- _____ Tony Chachere's No Salt Seasoning Blend
- _____ Turmeric

Other

- _____ Balsamic vinegar
- _____ Lemon juice
- _____ White vinegar
- _____ Worcestershire sauce

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+ Canned in 100% juice