

Grocery List for Healthy Eating



Start your grocery list with these healthy items and add in any other essential items you may need to make healthy meals for yourself and your loved ones.

Veggies	Fruits	Protein	Grains / Healthy Carbs
Asparagus	Apples	Chicken breast	Brown rice
Beets	Avocados	Eggs	Farro
Bell peppers	Bananas	Salmon	Fonio
Bok choy	Blackberries	Tilapia	Oatmeal
Broccoli	Blueberries	Tofu	Plantains
Brussel sprouts	Dried fruit	Tuna	Quinoa
Carrots	Figs	Turkey	Sweet potatoes / yams
Cauliflower	Grapes		Whole grain bread
Cucumbers	Mangos		Whole wheat pasta
Kale	Oranges		Whole wheat tortillas
Spinach	Pears		
Squash	Raspberries		
Tomatoes	Strawberries		
	Watermelon		
Dairy	Legumes	Fats & Oils	Extras
Greek or low-fat yogurt	Beans	Chia seeds	Fresh salsa
Low-fat cottage cheese	Chickpeas (garbanzo beans)	Coconut oil	Nondairy milk (e.g., hemp, oat, almond or coconut)
Milk	Edamame	Flaxseed	Raw honey
	Lentils	Nut butter	Tahini
	Peas	Olive oil	Tzatziki
		Raw almonds	Other: _____
			Other: _____