



healthy essentials

grocery list

My biggest grocery store tip? Try to do as much shopping as possible around the perimeter of the store as this is where you typically find whole nutrient dense foods (with the exception of frozen veggies & fruit). Also, of course this isn't a complete shopping list. Just healthy items I try to keep on hand.

PROTEIN

Chicken (ground, breast, tenderloin)
Beef (leaner cuts & ground)
Bison
Turkey (lean, ground, tenderloin, breast)
Turkey Bacon
Tuna
Salmon
Shrimp
Tofu
Tempeh

GRAINS/CARBS

Bread (sour dough or high fiber, low sugar)
High fiber wraps, tortillas
Rice (brown or white - I prefer basmati)
Plain Oats, Cream of Wheat, or Cream of Rice
Quinoa
Pasta
Beans

DAIRY/EGGS

Eggs
Egg Whites (carton is good!)
Milk or Dairy Substitute (Almond Milk, Coconut Milk, Cashew Milk - choose unsweetened)
Nonfat Greek Yogurt
Cottage Cheese
Cheese - (Regular or Low-fat)

PRODUCE - FRESH/ FROZEN

Apples	Zucchini
Bananas	Eggplant
Oranges	Squash
Pears	Cucumber
Peaches	Garlic
Plums	Brussel Sprouts
Grapes	Beets
Berries	

CONDIMENTS/SNACKS

Popcorn
Nuts & Seeds
Hummus
Salsa
Nut Butters
Low Sugar Ketchup
Mustard
Avocado Mayo
Low Sugar BBQ Sauce
Various Seasonings
Low Sugar Marinara
Coconut Aminos

Pineapple
Avocado
Tomatoes
Onions
Mushrooms
Potatoes (any kind)
Carrots
Celery
Lettuce (any kind)
Spinach
Asparagus
Broccoli
Cauliflower
Peppers