



# HEALTHY GROCERY LIST

## PRODUCE

Sweet potatoes  
Bell Peppers  
Edamame  
Cucumber  
Celery  
Cherry tomatoes  
Carrots  
Snap Peas  
Broccoli  
Dark leafy greens  
Corn  
Mushroom  
Zucchini  
Green Beans

## MEATS + PROTEIN

Skinless chicken or  
turkey breasts  
Ground turkey  
or chicken  
Salmon, halibut, trout,  
mackerel  
Reduced-sodium lunch  
meat (turkey, roast beef)  
Veggie burgers

## FRUITS

Bananas  
Apples  
Citrus (oranges,  
grapefruit, lemons)  
Stone fruit (apricot,  
peach, plums)  
Berries (strawberries,  
blueberries)  
Melon (cantaloupe,  
watermelon)  
Grapes  
Kiwi  
Pears

## GRAINS + CEREALS

Wheat crackers  
Pita pockets  
Whole-wheat bread  
Low-sugar cereal  
English muffins  
Whole-grain flour tortillas  
Whole-wheat Pretzels  
Animal cookies  
Oatmeal  
Whole-wheat pasta  
Rice

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# HEALTHY GROCERY LIST

## PRODUCE

### FRUITS

Sweet potatoes Bell Peppers Edamame Cucumber

Celery Cherry tomatoes

Carrots Snap Peas

Broccoli Dark leafy greens

Corn Mushroom

Zucchini Green Beans

### **Bananas**

Apples Citrus (oranges, grapefruit, lemons) Stone fruit Capricot,  
peach, plums) Berries (strawberries,

blueberries) Melon (cantaloupe, watermelon) Grapes

Kiwi Pears

### GRAINS + CEREALS

### MEATS + PROTEIN

Skinless chicken or

**turkey breasts**

Ground turkey

or chicken

Wheat crackers

Pita pockets Whole-wheat bread Low-sugar cereal

English muffins Whole-grain flour tortillas Whole-wheat Pretzels Animal cookies

Oatmeal Whole-wheat pasta

Rice

Salmon, halibut, trout,

mackerel Reduced-sodium lunch meat (turkey, roast beef)

Veggie burgers

Beans (black, garbanzo,

kidney, pinto)

### DAIRY + EGGS

### NUTS + SNACKS

Peanut butter

Almond butter All-natural popcorn

Raw nuts (cashews, almonds, walnuts, pecans)

Dried fruit (raisins, mangoes, cranberries, cherries) 100% Fruit leathers

Nut trail mix Applesauce

Milk Almond/soy/coconut milk

Low fat sour cream Low fat cream cheese

Cheddar cheese Mozzarella cheese (shredded)

Greek yogurt

Eggs

MISC

Hummus Low-fat Ranch dressing

Honey Pasta Sauce Pure maple syrup

All fruit jam

FROZEN

Frozen Fruit Bars

Frozen fruit Frozen veggies

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