

Healthy Grocery List

FRESH FRUITS & VEGETABLES

- Apples
- Apricots
- Asparagus
- Avocado
- Banana
- Bell Peppers
- Blueberries
- Broccoli
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Cherries
- Cucumbers
- Eggplant
- Garlic
- Grapefruit
- Grapes
- Grape tomatoes
- Green beans
- Kiwi
- Lettuce
- Mangoes
- Mushrooms
- Onions
- Oranges
- Peaches/Nectarines
- Pears
- Potatoes
- Radishes
- Spinach
- Strawberries
- Sweet potatoes
- Tomatoes
- Watermelon
- Zucchini

FROZEN

- 100% fruit juice
- Blueberries
- Broccoli
- Carrots
- Entrees (like Lean Cuisine)
- Frozen yogurt
- Green beans
- Peaches
- Peas
- Spinach
- Stir-fry vegetable mix
- Strawberries
- Vegetarian burgers
- Waffles/pancakes

MEAT

- Chicken
- Deli meat
- Ground beef
- Ham
- Pork chops
- Roast beef
- Salmon
- Shrimp
- Steak
- Turkey
- Tuna

GRAINS

- Bagels, whole wheat
- Barley
- Bread, whole wheat
- Brown rice
- Cereal (100% whole grain)
- Crackers, whole grain
- Couscous
- English muffins
- Granola bars
- Pasta, whole wheat
- Pita bread
- Oatmeal
- Pizza crust
- Popcorn
- Pretzels, whole grain
- Rice cakes
- Tortillas, whole wheat
- Tortilla chips, baked

CANNED FRUIT & VEGETABLES

- Corn
- Green beans
- Legumes/beans (black, kidney, pinto, chickpeas)
- Mandarin oranges
- Mixed fruit
- Olives
- Peas
- Peaches
- Pears
- Pineapple
- Tomatoes

DRY GOODS

- Dried fruit
- Lentils
- Nuts/seeds
- Peanut butter
- Ramen noodles, baked
- Salmon, canned
- Salsa
- Soup
- Spaghetti sauce
- Tofu
- Tuna, canned

CONDIMENTS

- Barbeque sauce
- Canola oil
- Cooking spray
- Ketchup
- Mustard
- Olive oil
- Salad dressing
- Soy sauce
- Teriyaki sauce

REFRIGERATED FOODS

- Cottage cheese
- Cream cheese
- Eggs
- Milk
- Shredded cheese
- Sour cream
- Soy milk
- String cheese
- Yogurt

