

Healthy Shopping List

Purchasing the right foods at the grocery store is a big part of eating healthy and giving your body what it needs each day. Use this shopping list as a checklist to ensure you have nutritious, wholesome foods in your kitchen when it's time to prepare a meal or snack.

			
Protein	Carbohydrates	Fat	Vegetables
Buffalo Cod Crab/Lobster Egg Substitute Egg Whites Extra Firm Tofu Flank Steak Free Range Egg Whites Fresh Fish Lean Ground Beef Lean Ground Sirloin Lean Pork Lean Sirloin Steak Lean Turkey Products L.F Cottage Cheese Ostrich Salmon Shrimp Skinless Chicken Breast Soy Products Protein Powder Swordfish Tuna Turkey Breast Whey Protein Powder	Baked Potato Barley Brown Rice Corn Old Fashioned Oatmeal Pumpkin Spinach Pasta Squash Strawberries Sweet Potato Wheat Pasta Whole Grain Pasta Whole Grain Tortillas Whole wheat bagels Whole wheat bread Whole wheat English muffins Wild Rice	Almond Butter Canola Mayonnaise Cold water fish Flaxseed Oil Flaxseeds Free Range Egg Yolks Natural Peanut butter Olive oil Olives Peanuts Safflower oil Sunflower Oil Tahini Walnuts  Fruits Apples Apricots Blackberries Blueberries Clementine Grapefruit Mango Melon Orange Peaches Raspberries Strawberries	Asparagus Beans (black, navy) Bell Peppers Broccoli Broccoli Slaw Cabbage Carrots Cauliflower Celery Cole Slaw (dry) Cucumber Garbanzo beans Green Beans Green Peppers Kale Lentils Lettuce Mushrooms Onions Snow Peas Spinach Tomatoes Zucchini

Stocking your kitchen with foods packed with vitamins, nutrients, and fiber, makes it much easier to stay focused on your eating plan. Instead of filling your pantry with "junk", use this list as a guideline to providing healthy alternatives.