

Healthy Grocery List

Fruits

Blueberries
Strawberries
Raspberries
Kiwi
Guava
Papaya
Watermelon
Cantaloupe
Oranges

Pears
Apples
Pineapple
Mangoes
Grapes
Pomegranate
Cherries
Plums
Peaches

Lean Proteins

Skinless chicken breasts
Turkey
Lean beef (e.g., sirloin)
Fish (salmon, tilapia, cod)
Eggs

Plant Based:
Tofu
Tempeh
Lentils
Chickpeas
Red kidney beans

Vegetables

Leafy greens (spinach, kale, lettuce)
Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
Colourful vegetables (bell peppers, carrots, tomatoes)
Zucchini
Mushrooms
Onions

Grains

Quinoa
Steel-cut oats
Rolled oats
Brown rice
Whole wheat pasta
Whole wheat bread

Dairy

Greek yogurt
Cottage cheese
Low-fat milk
Reduced fat cheddar cheese

Frozen Foods

Frozen berries
Frozen vegetables (broccoli, cauliflower)

Low-Calorie Snacks

Raw vegetables (carrot sticks, cucumber slices)
Hummus
Air-popped popcorn
Rice cakes
Olives

Healthy Fats

Olive oil
Nut oil (walnut oil, macadamia oil, etc.)
Nuts (almonds, walnuts)
Seeds (chia seeds, flaxseeds)
Nut butter (almond butter, peanut butter)

