# Grocery List Ideas

## For Healthy Eating

### Protein
- Tofu
- Nut butters
- Canned beans
- Lentils
- Chicken breast
- Canned tuna
- Eggs
- Fish
- Protein Powder

### Grains
- Brown Rice
- Oatmeal
- Whole Wheat Bread
- Whole Grain Pasta
- Quinoa
- High Fiber Cereal or Granola

### Snacks
- Trail mix
- Peanuts/almonds
- Popcorn
- Hummus
- Tortilla chips
- Salsa
- Rice cakes

### Vegetables
- Avocados
- Bell peppers
- Carrots
- Broccoli
- Cauliflower
- Tomatoes
- Zucchini
- Mushrooms
- Spinach
- Lettuce/ Spring mix
- Onions
- Potatoes (white, red, or sweet)

### Fruits
- Bananas
- Apples
- Oranges/Clementines
- Fresh/frozen berries
- Pineapple
- Melons

### Dairy
- Greek Yogurt
- String Cheese
- Milk/milk alternatives
- Cottage Cheese