



# GROCERY LIST

FOR HEALTHY EATING



## PROTEIN

Chicken breast  
Fish fillet  
Canned beans  
Tofu  
Canned tuna  
Eggs  
Nut Butters  
Protein powder

## STARCHES

Brown rice  
Oatmeal  
Whole wheat bread  
Whole grain pasta  
Quinoa  
High fiber cereal

## SNACKS

Trail mix  
Peanuts/Almonds  
Popcorn  
Hummus  
Tortilla chips  
Salsa  
Rice cakes

## VEGETABLES

Avocados  
Bell peppers  
Carrots  
Broccoli  
Cauliflower  
Tomatoes  
Zucchini  
Mushrooms  
Spinach  
Romaine Lettuce  
Onions  
White/Sweet Potatoes

## FRUITS

Bananas  
Apples  
Fresh/frozen berries  
Pineapple  
Melons

## DAIRY

Greek Yogurt  
String Cheese  
Milk/milk alternatives  
Cottage cheese