

Nutrition First – Beginners shopping list

This carefully curated list includes a variety of fresh fruits and vegetables, lean proteins, whole grains, and healthy fats, ensuring a balanced diet that supports overall wellness. By using this shopping list, you can simplify meal planning, stick to health goals, and make informed choices about the foods you bring into your home. Happy shopping and nourishing your body with these wholesome essentials!

Fruits and Vegetables

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Oranges
- Grapes
- Avocados
- Leafy greens (spinach, kale, romaine)
- Broccoli
- Bell peppers
- Carrots
- Tomatoes
- Cucumbers
- Zucchini
- Sweet potatoes
- Onions
- Garlic

Proteins

- Chicken breast
- Turkey breast
- Lean ground beef
- Salmon
- Tuna
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Tempeh
- Beans (black beans, chickpeas, lentils)

Whole Grains

- Oats
- Quinoa
- Brown rice
- Whole wheat bread
- Whole wheat pasta
- Whole grain tortillas

Healthy Fats

- Olive oil
- Coconut oil
- Nuts (almonds, walnuts, cashews)
- Seeds (chia seeds, flaxseeds, pumpkin seeds)
- Nut butter (almond butter, peanut butter)

Dairy and Alternatives

- Milk (or almond milk, soy milk, etc.)
- Cheese (mozzarella, cheddar)
- Greek yogurt
- Cottage cheese

Pantry Staples

- Canned tomatoes
- Low-sodium broth (chicken, vegetable)
- Canned beans (black beans, chickpeas)
- Whole grain cereals
- Spices (turmeric, cumin, paprika, garlic powder)
- Herbs (basil, cilantro, parsley)
- Vinegar (apple cider vinegar, balsamic vinegar)

Snacks

- Fresh fruit
- Nuts and seeds
- Greek yogurt
- Cottage cheese
- Hummus and veggie sticks
- Rice cakes
- Dark chocolate (70% cocoa or higher)