

Simple Ingredients to Support Brain & Growth

SUNCOAST SHOPPING LIST



PRODUCE

- Spinach
- Avocado
- Berries
- Bananas
- Sweet potatoes
- Cucumbers
- Bell peppers



PROTEIN

- Chicken
- Eggs
- Salmon (fresh or frozen)
- Canned tuna or sardines
- Nut butter
- Tofu



DAIRY

- Milk
- Greek yogurt
- Cheese



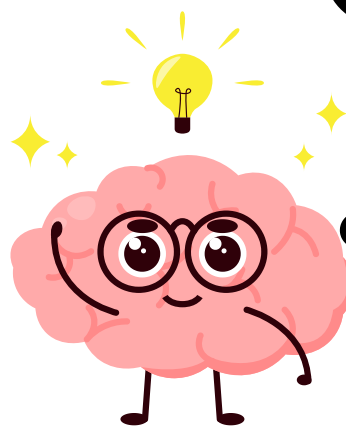
PANTRY

- Beans or lentils
- Oats
- Honey
- Flaxseed
- Iodized salt



GRAINS

- Whole-grain bread
- Rice
- Tortillas
- Granola
- Whole-grain cereal



Keep It Realistic

You do not need to buy everything at once. Start with a few items and build from there.