

Grocery List



Vegetables:

- ☐ Spinach
- ☐ Kale
- ☐ Romaine lettuce
- ☐ Iceberg lettuce
- ☐ Boston lettuce
- ☐ Green leaf lettuce
- ☐ Red leaf lettuce
- ☐ Spring mix
- ☐ Arugula
- ☐ Swiss chard
- ☐ Collard greens
- ☐ Beet greens
- ☐ Cabbage (green, red, Savoy, Napa)
- ☐ Bok choy / baby bok choy
- ☐ Endive
- ☐ Carrots
- ☐ Beets
- ☐ Parsnips
- ☐ Turnips
- ☐ Rutabaga
- ☐ Radishes (red, daikon, watermelon radish)
- ☐ Sweet potatoes
- ☐ Yams
- ☐ Potatoes (russet, Yukon gold, red, fingerling, etc.)
- ☐ Celery
- ☐ Asparagus
- ☐ Broccoli
- ☐ Broccolini
- ☐ Cauliflower
- ☐ Romanesco
- ☐ Brussels sprouts
- ☐ Tomatoes (roma, grape, cherry, heirloom)
- ☐ Bell peppers (green, red, yellow, orange)
- ☐ Hot peppers (jalapeño, serrano, habanero, poblano, etc.)
- ☐ Eggplant (regular, Japanese, baby)
- ☐ Cucumbers
- ☐ Zucchini
- ☐ Yellow squash
- ☐ Pumpkin
- ☐ Butternut squash
- ☐ Acorn squash

- ☐ Spaghetti squash
- ☐ Mushrooms
- ☐ Green beans
- ☐ Snow peas
- ☐ Sugar snap peas
- ☐ Edamame (fresh or frozen)
- ☐ Fresh peas
- ☐ Corn

Fruits:

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Mandarins / Clementines
- ☐ Grapefruits
- ☐ Lemons
- ☐ Limes
- ☐ Pears
- ☐ Peaches
- ☐ Nectarines
- ☐ Plums
- ☐ Apricots
- ☐ Grapes (red, green, black)
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Blackberries
- ☐ Cherries
- ☐ Pineapple
- ☐ Mangoes
- ☐ Papaya
- ☐ Kiwi
- ☐ Watermelon
- ☐ Cantaloupe
- ☐ Honeydew
- ☐ Pomegranate
- ☐ Avocado
- ☐ Tomatoes (botanically fruit)
- ☐ Figs
- ☐ Dates
- ☐ Coconut

Proteins:

- ☐ Chicken breast
- ☐ Chicken thighs

- ☐ Ground chicken (extra lean)
- ☐ Turkey breast
- ☐ Ground turkey (extra lean)
- ☐ Salmon
- ☐ Tuna
- ☐ Cod
- ☐ Haddock
- ☐ Tilapia
- ☐ Shrimp
- ☐ Scallops
- ☐ Crab (real or imitation)
- ☐ Beef-Sirloin
- ☐ Beef-Top round
- ☐ Beef-Eye of round
- ☐ Extra-lean ground beef (90%+ lean)
- ☐ Beef Tenderloin
- ☐ Beef Flank steak
- ☐ Pork tenderloin
- ☐ Pork loin chops (lean)
- ☐ Center-cut pork chops
- ☐ Eggs
- ☐ Egg whites
- ☐ Greek yogurt (low-fat or fat-free)
- ☐ Cottage cheese (low-fat)

Plant-based Options:

- ☐ Tofu
- ☐ Tempeh
- ☐ Edamame
- ☐ Lentils
- ☐ Black beans
- ☐ Chickpeas
- ☐ Kidney beans
- ☐ Pea-protein products (e.g., Beyond/other brands – check labels for fat/sodium)

Complex Carbs:

Whole Grains

- ☐ Oats (rolled, steel-cut)
- ☐ Quinoa
- ☐ Brown rice
- ☐ Wild rice
- ☐ Farro
- ☐ Barley
- ☐ Bulgur
- ☐ Whole-grain pasta

- ☐ Whole-wheat bread or wraps
- ☐ Buckwheat
- ☐ Millet
- ☐ Amaranth

Vegetables

- ☐ Sweet potatoes
- ☐ Yams
- ☐ Regular potatoes (russet, red, yellow)
- ☐ Butternut squash
- ☐ Acorn squash
- ☐ Pumpkin
- ☐ Corn (fresh or frozen)
- ☐ Beets

Legumes

- ☐ Lentils (green, red, brown)
- ☐ Chickpeas
- ☐ Black beans
- ☐ Kidney beans
- ☐ Pinto beans
- ☐ Navy beans
- ☐ Edamame
- ☐ Peas

Whole-Food Snacks / Other Sources

- ☐ Air-popped popcorn
- ☐ Whole-grain crackers
- ☐ Brown rice cakes
- ☐ Plantains

Healthy Fats:

- ☐ Extra virgin olive oil
- ☐ Avocado oil
- ☐ Coconut oil (unrefined)
- ☐ Flaxseed oil (keep refrigerated)
- ☐ Walnut oil
- ☐ Almonds
- ☐ Walnuts
- ☐ Cashews
- ☐ Pistachios
- ☐ Pecans
- ☐ Brazil nuts
- ☐ Macadamia nuts

- ☐ Natural almond butter
- ☐ Natural peanut butter
- ☐ Cashew butter
- ☐ Tahini (sesame paste)
- ☐ Sunflower seed butter
- ☐ Chia seeds
- ☐ Flaxseeds (ground is best)
- ☐ Hemp seeds
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Sesame seeds
- ☐ Fresh avocados
- ☐ Pre-made guacamole (look for clean ingredient list)

Fish & Dairy Fats

- ☐ Salmon
- ☐ Mackerel
- ☐ Sardines
- ☐ Trout
- ☐ Herring
- ☐ Greek yogurt (full-fat or 2%)
- ☐ Cottage cheese
- ☐ Cheese (mozzarella, cheddar, feta, goat cheese)
- ☐ Unsweetened coconut yogurt
- ☐ Unsweetened almond or cashew milk