

Healthy Shopping List Guide

Circle the healthy items in each category that you need to restock your kitchen.

Fresh Vegetables & Legumes

Dark Green Lettuce	Collard Greens	Cucumbers	Carrots
Green Beans	Zucchini	Radishes	Tomatoes
Cauliflower	Onions	Asparagus	Green Onions
Potatoes	Broccoli	Peas	Peppers
Celery	Cabbage	Pumpkin	Squash
Olives	Kale	Spinach	Turnip Greens
Corn	Sweet Potatoes	Brussels Sprouts	Dry Beans & Lentils

Other Vegetables & Legumes:

Fresh Fruits

Bananas	Apples	Oranges	Pears
Pineapple	Nectarines	Grapefruits	Berries
Grapes	Kiwi	Watermelon	Cantaloupe
Peaches	Mangos	Plums	Apricots

Other Fruits:

Frozen Foods

Green Beans	Peas	Mixed Vegetables	Carrots
Broccoli	Corn	Onions	Fruit
Stir Fry Vegetables*	Cauliflower Rice	Greens	Spinach

Other Frozen Foods:

Canned Foods

Black Beans	Tomatoes*	Marinara Sauce*	Tuna
Wild Caught Salmon	Pinto Beans	Whites Beans	Fruit cups (100% juice)
Red Kidney Beans	Pumpkin		

Other Canned Foods:

Meats

Free Range Chicken	Organic Grass-fed Beef	Lean Ground Turkey	Tuna Steaks
Wild Caught Salmon	Fish w/ scales and fins	Turkey Sausage	Grass-fed Hamburger*

Other Meats:

Grains and Cereals

Whole Grain Bread	Whole Grain Pasta	Whole Grain Cereal	Organic Oatmeal
Brown Rice	Whole Wheat Couscous	WW Pizza Dough*	Whole Wheat Gnocchi*

Other Grains

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Beverages

Alkaline Water	Sparkling Water*	Herbal Tea	Kefir
100% Fruit Juice	Green Tea**	Coconut water*	Kombucha

Other Beverages:

Dairy and Eggs

Free Range Eggs	Organic Milk	Organic Butter	Organic Plain Yogurt
Organic Raw Cheese			

Other Dairy:






Miscellaneous Items

Herbs and Spices	Olive Oil	Salad Dressings	Mustard
Sesame Oil	Olive Oil Mayo	Raw Honey	Low Sodium Soy Sauce*
Mixed Nuts*	Pumpkin Seeds*	Flax Seeds	Sunflower Seeds*
Dried Fruits*	Edamame**	Sucanat	Stevia(Sweet Leaf)***
Garlic	Barbeque Sauce**	Broth*	Apple Cider Vinegar
Organic Popcorn	Hummus*	Maple Syrup*	All Fruit Spread**
Organic Peanut Butter	Other Nut Butters*	Liquid Aminos	Pure Vanilla Extract
Balsamic Vinegar	Himalayan Pink Salt	Black Peppercorn	Coconut Oil*
Ketchup*	21 Seasoning Salute**	Instant Vegebase ***	

Other Miscellaneous Items:

* Aldi's **Trader Joes ***Whole Foods

Remember

-  Try one **new healthy food** item or recipe a week.
-  Have one **meatless dinner** a week. Be creative and enjoy!
-  **Good fish options:** flounder, haddock, halibut, herring, rainbow trout, salmon, spot, tuna, white/yellow perch, Carolina whiting, and other fish with scales and fins.
-  **Good sides:** roasted vegetables, sautéed cauliflower and other vegetables, side salads, etc.
-  **Good snacks:** nuts, seeds, fruit, dried fruit, hummus and pita chips, organic popcorn popped with olive oil, peanut butter toast, sweet potatoes, boiled egg, etc.

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