

YOUR HEALTHY

SHOPPING LIST



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NOTE: ALWAYS LOOK FOR BPA-FREE CANS AND BUY ORGANIC WHEN POSSIBLE.

VEGETABLES

- Spinach
- Kale
- Onions
- Yellow Onions
- Red Onions
- Lettuce Leaves
- Cucumbers
- Sprouts
- Mixed Greens
- Carrots
- Red Bell Pepper
- Beets, can or prepackaged
- Romaine Lettuce
- Broccoli Florets
- Frozen Squash
- Corn on the Cob
- Cauliflower Rice
- Swiss Chard

FRUIT

- Avocados
- Oranges
- Frozen Mango
- Strawberries
- Tomatoes
- Cherry Tomatoes

- Lemons
- Limes
- Olives
- Dried Cranberries or Currants

LIQUIDS, DAIRY & MEAT

- Dairy-Free Milk
- Vegetable Broth
- Eggs, hard-boiled
- Eggs
- Strawberry Yogurt or Kefir
- Goat Cheese
- Feta Cheese
- Parmesan Cheese
- Half and Half
- Butter
- Burgers, beef or vegetarian

HERBS & SPICES

- Sea Salt
- Black Pepper
- Cinnamon Powder
- Ginger Powder
- Chili Powder
- Garlic Powder

- Onion Powder
- Smoked Paprika
- Dried Oregano
- Fresh Basil
- Fresh Garlic
- Fresh Cilantro
- Fresh Ginger

NUTS & SEEDS

- Walnuts
- Cashews

MISCELLANEOUS

- Coconut Oil
- Extra Virgin Olive Oil
- Red Wine Vinegar
- Balsamic Vinegar
- Protein Powder
- Gluten-Free Bread
- Granola
- Salsa
- Hummus
- Black Bean cans
- White Bean cans
- Gluten-Free Soft Tortillas
- Taco Shells/Tortillas

- Frozen French Fries
- Long Grain Brown Rice
- Arborio Rice

OPTIONAL

- Deli Turkey, nitrate-free

- Deli Chicken, nitrate-free
- Salmon, BPA-Free
- Tuna, BPA-Free
- Gluten-Free Soft Tortillas (may use lettuce leaves)
- Gluten-Free Burger Buns (may use lettuce leaves)

- Chicken Breasts, boneless and skinless
- Cheese Slices
- Ground Beef
- Coho Salmon, cut into fillets
- Tempeh