

Healthy Grocery Checklist

Fruits & Vegetables

- Apples
- Bananas
- Berries
- Spinach
- Broccoli
- Carrots
- Bell Peppers
- Avocados

Whole Grains

- Rolled Oats
- Brown Rice
- Quinoa
- Whole Wheat Bread
- Barley

Lean Proteins

- Chicken Breast
- Turkey
- Salmon
- Eggs
- Lentils
- Chickpeas
- Greek Yogurt

Healthy Fats

- Olive Oil
- Nuts
- Seeds (Chia, Flax)
- Nut Butters

Dairy or Alternatives

- Low-Fat Milk or Plant-Based Milk
- Cheese

- Cottage Cheese

Pantry Essentials

- Canned Beans
- Low-Sodium Broth
- Spices & Herbs
- Vinegar
- Whole Wheat Pasta

Notes / Add your own items:

Write here...