

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...