

# GROCERY LIST

Here's a grocery list with all the good stuff to help you with your healthy lifestyle.  
You can opt to buy all or just a few, it's all up to you. Good luck!

## PRODUCE

- BERRIES
- BANANAS
- MELON
- ORANGES
- APPLES
- PEARS
- LEMONS
- LIMES
- BROCCOLI
- KALE
- BELL PEPPERS
- SWEET POTATOES
- SALAD GREENS
- GARLIC
- ONIONS
- CHERRY TOMATOES
- CUCUMBER
- CARROTS
- AVOCADOS
- BASIL
- PARSLEY

## PROTEINS

- SKINLESS, BONELESS CHICKEN BREAST
- SEAFOOD (TILAPIA, COD, SALMON, SHRIMP)
- LEAN BEEF
- TURKEY
- VEGETARIAN OPTIONS : TOFU, TEMPEH

## GRAINS

- WHOLE-GRAIN BREAD
- WHOLE-GRAIN PITA BREAD
- WHOLE-GRAIN PASTA
- WHOLE-GRAIN CEREAL/ GRANOLA
- PLAIN QUINOA
- BROWN RICE
- PLAIN OATMEAL/ ROLLED OATS

## DAIRY & EGGS

- EGGS
- MILK (LOW-FAT, SKIM, DAIRY-FREE)
- LOW-FAT SWISS CHEESE
- CRUMBLLED FETA CHEESE
- PLAIN GREEK YOGURT
- LOW-FAT REGULAR YOGURT
- LOW-FAT COTTAGE CHEESE

## CANNED GOODS

- WATER-PACKED TUNA
- CHICKPEAS OR BLACKBEANS
- CRUSHED TOMATOES (NO ADDED SALT)
- LOW-SODIUM VEGETABLE BROTH

## SNACKS

- NUTS OF YOUR CHOICE
- TRAIL MIX (NUTS, SEEDS, DRIED FRUIT, DARK CHOCOLATE)
- WHOLE-GRAIN CRACKERS/ PRETZELS
- DRIED FRUIT (CRANBERRIES, RAISINS, APRICOTS)

## PANTRY STAPLES

- OLIVE OIL
- BALSAMIC VINEGAR
- KOSHER SALT
- BLACK PEPPER
- REDUCED-SODIUM SOY SAUCE
- HONEY
- NATURAL PEANUT BUTTER /ALMOND BUTTER
- SPICY MUSTARD
- KETCHUP
- SRIRACHA
- GROUND CINNAMON
- ITALIAN SEASONING
- DRIED HERBS

## FROZEN

- UNSWEETENED BERRIES
- UNSALTED VEGETABLES
- MULTIGRAIN WAFFLES

## BEVERAGES

- SPARKLING WATER
- TEA BAGS (BLACK, WHITE, GREEN)

*you're so*  
**PRETTY**