



# Grocery List Ideas



## Produce (Fruit & Veg)

- apples
- bananas
- berries
- grapes
- oranges
- mango
- pears
- pineapple
- melon
- kiwi
- onions
- carrots
- celery
- peppers
- mushrooms
- tomatoes
- cucumbers
- lettuce greens
- dark leafy greens
- asparagus
- broccoli
- beets
- zucchini
- snap peas
- jicama
- cabbage
- winter squash
- potatoes
- sweet potatoes

## Grains

- whole-grain:
  - bread
  - crackers
  - pita
  - English muffins
  - pasta
  - bagels
  - tortillas/wraps
- rolled oats
- low sugar granola
- brown rice
- wild rice
- quinoa
- popcorn
- corn chips

## Meat, Meat Alt & Seafood

- chicken (breasts, thighs or whole bird)
- pork loin or chops
- chicken sausage
- ground chicken/turkey/beef
- grilled chicken strips
- cold cuts (turkey, ham, roast beef)
- tofu
- tempeh
- veggie burgers
- salmon
- white fish
- shrimp
- scallops

## Dairy, Dairy Alt & Eggs

- Plain or low-sugar Greek yogurt
- cottage cheese
- cheeses (goat, feta, cheese sticks, Laughing Cow wedges, Baby Bel)
- milk (cows or unsweetened non-dairy)
- butter
- eggs

## Frozen

- veggies (broccoli, riced cauliflower, spinach, peas, stir-fry medleys)
- fruit (blueberries, strawberries, cherries, mango)
- whole grain waffles
- sprouted-grain bread/English muffins
- pre-cooked grilled chicken strips
- seafood (shrimp, scallops, salmon, cod, tuna)
- convenience meals (Amy's, Real Good)

## Condiments

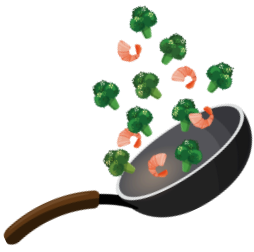
- olive oil
- avocado oil
- sesame oil
- spices (cinnamon, garlic powder, poultry seasoning, cumin, celery salt, chili powder, Italian seasoning)
- honey
- maple syrup
- sauces (teriyaki, soy, BBQ, sriracha)
- red curry paste
- mustard
- kimchee
- salsa
- vinegars
- miso
- pickles
- olives
- hummus
- guacamole
- salad dressing

## Canned & Dry Goods

- tomato sauce
- canned tomatoes
- soups/broths
- chili
- tuna
- salmon
- sardines
- beans & lentils
- legume-based pasta
- shelf-stable non-dairy milk
- coconut milk
- pumpkin
- nut butters
- nuts (cashews, walnuts, almonds, pistachios, pecans)
- seeds (hemp, chia, pumpkin, sunflower, ground flax)
- dried fruit (raisins, dates, apricots, figs)
- bars (Lara, Kind, RX, Aloha)
- dark chocolate

## Beverages

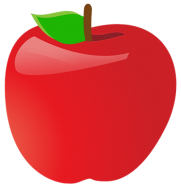
- unsweetened sparkling waters
- green tea, black tea, herbal tea
- coffee
- kombucha



# Quick Meal Ideas



- Tuna salad wrap with a salad
- Chicken with BBQ sauce, sweet potato & broccoli with cheese
- Shrimp with frozen stir fry veggies, teriyaki sauce & quinoa
- Oatmeal with yogurt, hemp seeds, peanut butter & raspberries
- Canned chili over cauliflower rice
- 2 whole grain toasts with eggs, avocado & salsa
- Amy's frozen burrito with a pear
- Salad with chicken, black beans, almonds, goat cheese & figs
- Lentil soup & a salad
- Baked salmon, roasted zucchini, mushrooms & potato
- Chickpea pasta with tomato sauce & spinach
- Veggie burger on English muffin with carrot & celery sticks



# Quick Snack Ideas



- Raisins + cashews
- Smoothie (frozen banana, cherries, tofu & almond milk)
- Wasa crispbread + cheese stick
- Sprouted grain toast with guacamole
- Banana + cottage cheese + almond butter
- Greek yogurt + blueberries + granola
- Apple + peanut butter
- Trail mix (nuts + dried fruit)
- Hard boiled egg + crackers + hummus
- An orange + pistachios

