

Healthy Grocery List Sample

Produce

Apples
Bananas
Blueberries
Strawberries
Oranges/Cuties
Avocados
Bell pepper
Onions
Lettuce
Carrots
Baby Spinach
Kale
Collard Greens
Zucchini
Yellow Squash
Mushrooms
Tomatoes

Refrigerated

Unsweetened almond milk
Greek or Non-dairy yogurt
Egg/ egg whites
Hummus
Salad dressing
Vegan butter
Meats/fish or vegan alternatives

Frozen

Mixed berries
Blueberries
Mango
Papaya
Unsweetened açai
Mixed vegetables
Broccoli
Quinoa and veggie mix
Riced Cauliflower
Riced Broccoli
Meats/fish or vegan alternatives
Veggie/Bean patties

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Shelves

Granola
Rolled oats
Brown rice
Quinoa
Beans
Nuts/dried fruit packs
Lentil pasta
Chia seeds
Larabars
WW bread
WW tortillas
Peanut Butter