

Healthy Grocery Checklist

A whole-foods grocery list of lean proteins, produce, whole grains and healthy fats for nutritious shopping.

Fresh Vegetables

- ☐ Leafy greens: spinach, kale, romaine, or arugula
 - ☐ Cruciferous veg: broccoli, cauliflower, Brussels sprouts
 - ☐ Colorful peppers, tomatoes, and carrots
 - ☐ Onions, garlic, and fresh herbs
 - ☐ Cucumber, celery, and zucchini for snacking
- Aim for a mix of colors to cover a range of nutrients.
- ☐ Sweet potatoes or squash

Fresh Fruit

- ☐ Berries: strawberries, blueberries, or raspberries
 - ☐ Apples, pears, or oranges
 - ☐ Bananas for snacks and smoothies
 - ☐ Avocados for healthy fats
 - ☐ Seasonal fruit on sale
- In-season fruit is usually cheaper and at peak flavor.

Lean Proteins

- ☐ Skinless chicken or turkey breast
- ☐ Eggs
- ☐ Fish such as salmon, tuna, or white fish
- ☐ Lean ground turkey or lean ground beef
- ☐ Tofu, tempeh, or edamame
- ☐ Dried or low-sodium canned beans and lentils
- ☐ Plain Greek yogurt or cottage cheese

Whole Grains

- ☐ Rolled or steel-cut oats
 - ☐ Brown rice or quinoa
 - ☐ Whole-grain or whole-wheat bread
 - ☐ Whole-grain pasta
 - ☐ Whole-grain crackers or wraps
- Look for whole grain listed as the first ingredient.

Healthy Fats

- ☐ Extra-virgin olive oil
- ☐ Unsalted nuts: almonds, walnuts, or cashews
- ☐ Natural nut butter with no added sugar
- ☐ Seeds: chia, flax, or pumpkin
- ☐ Olives or avocado oil

Smart Pantry and Extras

- ☐ No-salt-added canned tomatoes and beans

- ☐ Low-sodium broth or stock
- ☐ Herbs, spices, and salt-free seasoning blends
- ☐ Vinegars and mustard for dressings
- ☐ Plain frozen vegetables and fruit
- ☐ Unsweetened milk or plant-based alternative