

## HEALTHY ESSENTIALS GROCERY LIST

Prepare for success. Ensure that your fridge and pantry are stocked with foods that are aligned with your health goals.

### PROTEINS

Chicken, boneless, skinless  
Lean Ground Chicken  
Turkey Breast  
Pork Tenderloin  
Lean beef  
Extra Lean Ground Beef  
Bison  
Ground Bison  
Salmon

White fish  
Swordfish  
Shrimp  
Scallops  
Lobster  
Firm & silken Tofu  
Low-fat Cottage Cheese  
Plain Greek Yoghurt  
Eggs

### CARBOHYDRATES

Oatmeal  
Sweet Potato / Potato  
Pumpkin  
Quinoa  
Brown Rice  
Ezekiel Breads  
All-Bran  
Whole grain breads  
Millet

Buckwheat  
Barley  
Shredded Wheat  
Farro  
Oat Bran  
Bulgur  
Squash  
Whole wheat pasta  
Whole wheat couscous

### HEALTHY FATS

Raw Almonds  
Cashews  
Pecans  
Walnuts  
Sesame seeds  
Pumpkin seeds  
Sunflower seeds  
Natural Nut Butters  
Flaxseed/Flaxseed Oil  
Extra-virgin Olive Oil  
Coconut Oil

### VEGETABLES

Cucumber  
Romaine lettuce  
Spinach  
Kale  
Green Beans  
Bell Peppers  
Broccoli  
Red & Green Cabbage  
Sugar Snap Peas  
Brussel Sprouts  
Radish  
Bok Choy

Cauliflower  
Mushrooms (all varieties)  
Asparagus  
Celery  
Zucchini  
Onions (all varieties)  
Carrots  
Tomatoes  
Fennel  
Eggplant  
Beets  
Legumes – Chickpeas, Lentils, Romano, Black, Navy, Red & White Kidney, Pinto

### FRUITS

Strawberries  
Blueberries  
Raspberries  
Blackberries  
Grapes  
Cantaloupe  
Honeydew  
Watermelon  
Pineapple  
Kiwi

Grapefruit  
Oranges  
Lemons  
Limes  
Pears  
Apples  
Peaches  
Nectarines  
Mango  
Banana

Pumpkin Seed Oil  
Walnut Oil  
Safflower Oil  
Udo's Oil  
Sesame Oil  
Avocado Oil  
Avocado

### CONDIMENTS AND SPICES

Sea Salt  
Cinnamon  
Nutmeg  
Cumin  
Coriander  
Chinese Five-Spice  
Chili powders

Cayenne Pepper  
Turmeric  
Rosemary  
Basil  
Oregano  
Cardamom  
Bay leaves

Sage  
Paprika  
Crushed Red Pepper  
Fresh & Dried Ginger  
Thyme  
Fresh herbs  
Fresh chilis

Tarragon  
Sugar-free tomato sauce  
Worcestershire sauce  
Balsamic Vinegar  
Apple Cider Vinegar  
Red Wine Vinegar  
Sriracha

Salsa  
Mustard – grainy, Dijon  
Low Sodium Chicken and  
Vegetable Stock  
Horseradish  
Low sodium soy sauce  
or coconut aminos

\* "Whether legumes count toward your protein or vegetable intake for the day depends on whether you've [eaten] enough protein for the day from other foods. A 1/4-cup serving of legumes counts as 1 ounce of protein if you haven't met your protein needs. Otherwise, a cup of beans counts as a cup of vegetables. Counting legumes as a protein doesn't mean you can ignore their carbohydrate content, however, if you're counting carbohydrates." [Livestrong.com]