

Grocery List Ideas

For Healty Eating

Protein

Tofu
Nut butters
Canned beans
Lentils
Chicken breast
Canned tuna
Eggs
Fish
Protein Powder

Grains

Brown Rice
Oatmeal
Whole Wheat Bread
Whole Grain Pasta
Quinoa
High Fiber Cereal or Granola

Snacks

Trail mix
Peanuts/almonds
Popcorn
Hummus
Tortilla chips
Salsa
Rice cakes

Vegetables

Avocados
Bell peppers
Carrots
Broccoli
Cauliflower
Tomatoes
Zucchini
Mushrooms
Spinach
Lettuce/Spring mix
Onions
Potatoes (white, red, or sweet)

Fruits

Bananas
Apples
Oranges/Clementines
Fresh/frozen berries
Pineapple
Melons

Dairy

Greek Yogurt
String Cheese
Milk/milk alternatives
Cottage Cheese