

# HEALTHY FOODS GROCERY LIST

## Vegetables

Leafy Green Vegetables	
*goal is to consume 2-3 servings daily	
Arugula	
Box Choy	
Brussels Sprouts	
Broccoli	
Collard Greens	
Cabbage	
Cucumbers	
Kale	
Micro Greens	
Mustard Greens	
Red & Green Leaf Lettuce	
Romaine Lettuce	
Spinach	
Swiss Chard	
Turnip Greens	
Watercress	

Orange/Red Vegetables	
Butternut squash	
Red/orange Bell Peppers	
Carrots	
Peppers	
Pumpkin	
Radish	
Spagetti Squash	
Sweet Potatoes	
Purple Vegetables	
Beets	
Eggplant	
Raddichio	
Purple Cabbage	
Purple asparagus	
purple cauliflower	
purple carrots	
purple potatoes	
purple yam (ube)	
purple kale	
Red onion	

White & Yellow Vegetables	Other
garlic	asparagus
mushrooms	celery
onions	cucumbers
parsnip	green beans
yellow peppers	okra
squash	

## Fish & Meat

Fish *wild caught only, no farm-raised	
Bass	
Cod	
Grouper	
Haddock	
Halibut	
Herring	
Macherel	
Mahi Mahi	
Red Snapper	
Salmon	
Sea bass	
Trout	
Tuna	

Meat *organic, grass-fed	
Beef	
Bison	
Chicken	
Eggs (unless dairy allergy)	
Lamb	
Turkey	
Wild game (quail, venison)	

**NOTES:**  
Wild caught fish & organic meats can be expensive. Subscribe to grocery store newsletters and watch for deals. When there is a sale, buy in bulk and freeze. June and July are the salmon months. Check with local grocers for the best time to purchase.

## Nuts, Seeds, Oils

Nuts & Seeds *cheaper to buy in bulk	
Almonds	
Brazil Nuts	
<small>before added to foods</small>	
Ground Flax Seeds	
Hemp Seeds *great to add on salads	
Hazelnuts	
Macadmeia	
Pecans	
Pine Nuts	
Pistachios	
Pumpkin Seeds	
Sesame Seeds	
Walnuts	
Nut Butters *no p-nut butter	
Seed Butters	

Fats & Oils *organic, unrefined	
Avocado Oil	
Almond Oil	
Butter	
Coconut Oil/Milk	
Ghee	
Grapseed Oil	
Macadmeia Oil	
<small>in a dark glass bottle light can't penetrate</small>	
Sesame Oil	
NO Canola, Soy or Peanut oil	

## Fruits

Preferred Fruits	
Avocado	
Blackberries	
Blueberries	
Cranberries	
Goji Berries	
Lemon/lime	
Pomegrante	
Raspberries	
Strawberries	

Fruits in Moderation	
Apple	
Apricot	
Banana	
Cantoloupe	
Cherries	
Coconuts	
Figs	
Grapefruit	
Grapes	
Mango	
Nectarine	
Orange	
Papaya	
Peach	
Pears	
Pineapple	
Plums	
Tomatoes	

**NOTES:**  
Frozen fruit is the **cheapest** and has similar health benefits to fresh fruit- check labels to ensure frozen fruit does not have added sweeteners or preservatives.

Dried fruits should be kept to a minimal due to how concentrated the sugar is, the added sugars and preservatives. Serving size for dried fruit is half the serving size of fresh.

**Do not** buy canned fruits.

## Spices & herbs

Basil	
Black Pepper	
Cayenne Pepper	
Chili Pepper	
Cilantro	
Coriander Seeds	
Cinnamon	
Cloves	
Cumin	
Dill	
Fennel	
Garlic	
Ginger	
Mint	
Mustard Seeds	
Nutmeg	
Oregano	
Paprika	
Parsley	
Peppermint	
Rosemary	
Sage	
Tarragaon	

# HEALTHY FOODS GROCERY LIST

## Beverages

Beverages	
Nut milk (almond, coconut)	
Herbal Teas	
Kombucha	
Bone Broth	
Vegetable juices	
Kefir	
Coconut Water	

## Condiments & Sweeteners

Condiments	
Apple Cider Vinegar	
Balsamic Vinegar	
Coconut Vinegar	
Coconut Aminos	
Cocoa	
Mustard (stone ground)	

Sweeteners	
Honey	
Maple Syrup	
Stevia	

## Grains

Brown/Wild Rice	
Amaranth	
Millet	
Quinoa	
Buckwheat	
Bulgur	
Barley	
Farro	
Teff	
Spelt	

# MENU PLANNING

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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## SUNDAY

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