

PRINTABLE GROCERY LIST

PRODUCE (CHOOSE YOUR FAVORITES!)

VEGETABLES:		FRUITS:	
Lettuce	Carrots	Blueberries	Tomatoes
Kale	Zucchini	Strawberries	Lemon
Spinach	Brussel Sprouts	Bananas	
Cauliflower		Avocado	

MEATS & ALTERNATIVES

Organic tofu	Lean chicken breast	Lean turkey breast
Organic tempeh	Salmon	

GRAINS & LEGUMES

Quinoa	Edamame beans	Lentils
Oats	Black beans	Brown rice pasta
Chickpeas	Whole grain pasta	

DAIRY PRODUCTS & ALTERNATIVES

Unsweetened almond milk
Eggs
Skim milk

NUTS, SEEDS, POWDERS

Almonds, raw	Hemp seeds	Spirulina powder
Brazil nuts, raw	Chia seeds	Organic plant based protein powder
Cashews, raw		

OILS & SPREADS

Coconut oil	Raw peanut butter	Grapeseed oil
Extra virgin olive oil	Raw almond butter	

FRESH HERBS & SPICES (CHOOSE YOUR FAVORITES!)

Cinnamon	Mint	Cumin
Basil	Oregano	Chili powder
Nutmeg		

SWEETENERS

Pure maple syrup	Pure honey	Stevia
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OTHERS FOOD I LIKE TO KEEP ON HAND!

Lara bars | Amy's organic soups | Whole grain crackers (or a healthy gluten-free alternative) | Brown rice cakes | Dark chocolate

EXPLORING
HEALTHY FOODS

www.exploringhealthyfoods.com