

HEALTHY GROCERY LIST

Proteins:

Chicken Breast
Crab
Eye of Round
Flank Steak
Halibut
Herring
Lobster
Mackerel
Pork Loin
Salmon
Sardines
Shrimp
Sirloin
Tender Loin
Tilapia
Tuna
Turkey Bacon
Turkey Breast
Whole Eggs
95% Lean Ground-Beef
Veal
Low Fat Cottage Cheese
Plain Greek Yogurt

Carbohydrates:

Vegetables
Fruit
Steel Cut Oats
Whole Wheat-Bread/Tortillas
Brown Rice
Wild Rice
Bran
Sweet Potatoes
Quinoa
Wheat Germ
Beans
Lentils
Chickpeas
Hummus
Unsweetened Almond Milk

Fats:

Avocado
Olives
Almonds
Cashews
Chia
Flax
Hazelnuts
Peanuts
Pecans
Pine Nuts
Pistachios
Sesame Seeds
Sunflower Seeds
Walnuts
Cheeses (Provolone, Ricotta, Mozzarella, Swiss)
Coconut oil
Flaxseed oil
Olive oil
Canola oil

Herbs & Spices:

Basil
Cinnamon
Herbal Teas
Garlic
Oregano
Parsley
Shallot
Vanilla
Pepper
Lemon Pepper

Condiments:

Balsamic Vinegar
Bolthouse Farms Products
Lemon Juice
Mustard
Fresh Salsa
Stevia
Vinegar
Walden Farms Products

Soy products:

Tempeh
Tofu
TVP

