

The Healthy Grocery List

A simple, printable checklist of everyday staples to build healthy meals around.

Vegetables

☐	Spinach
☐	Broccoli
☐	Bell peppers
☐	Carrots
☐	Onions
☐	Garlic
☐	Tomatoes
☐	Cucumber
☐	Zucchini
☐	Sweet potatoes
☐	Kale
☐	Green beans

Fruits

☐	Apples
☐	Bananas
☐	Berries
☐	Oranges
☐	Avocados
☐	Lemons/limes
☐	Grapes
☐	Pears
☐	Pineapple
☐	Watermelon

Proteins

☐	Chicken breast
☐	Eggs
☐	Salmon or white fish
☐	Ground turkey
☐	Tofu or tempeh
☐	Greek yogurt
☐	Canned beans
☐	Lentils
☐	Canned tuna
☐	Chickpeas

Whole Grains & Carbs

☐	Brown rice
☐	Oats
☐	Quinoa
☐	Whole wheat bread
☐	Whole wheat pasta
☐	Potatoes
☐	Sourdough bread
☐	Barley

Healthy Fats

☐	Olive oil
☐	Nuts (almonds, walnuts)
☐	Nut butter
☐	Seeds (chia, flax)
☐	Avocado oil
☐	Coconut oil
☐	Sesame oil

Dairy & Alternatives

☐	Milk or plant-based milk
☐	Plain yogurt
☐	Cheese
☐	Cottage cheese
☐	Kefir
☐	Parmesan
☐	Almond milk

Pantry & Condiments

☐	Canned tomatoes
☐	Low-sodium broth
☐	Vinegar
☐	Herbs and spices
☐	Whole grain mustard
☐	Low-sugar salsa
☐	Honey
☐	Apple cider vinegar

Beverages

☐	Water (still or sparkling)
☐	Unsweetened tea
☐	Black coffee
☐	Unsweetened plant milk
☐	Green tea
☐	Herbal tea
☐	Sparkling water

