

# Grocery Shopping List

## Vegetables

Fresh, frozen or low-sodium canned

- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote
- Coleslaw
- Cucumbers
- Eggplant
- Garlic
- Green onions
- Greens
- Green beans
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Lettuce
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Sauerkraut
- Spinach
- Squash
- Sugar snap peas
- Swiss chard
- Tomato
- Tomato sauce
- Turnips
- Water chestnuts

## Fruits

Fresh, frozen or low-sugar canned

- Apple
- Apricot
- Avocado
- Banana
- Berries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pumpkin
- Pomegranate

## Whole Grains & Starchy Vegetables

- Barley
- Bran
- Bread (100% whole grain)
- Bulgur wheat
- Couscous
- Crackers (100% whole grain)
- Granola
- Granola bars (low-sugar)
- Grits
- Oats
- Pasta (whole grain)
- Polenta
- Quinoa
- Rice
- Tortilla
- Wheat germ
- Beans
- Corn
- Lentils
- Peas
- Potatoes
- Winter squash

## Proteins – Seafood & Fish

- Catfish
- Clams
- Cod
- Crab
- Haddock
- Halibut
- Salmon
- Sardines
- Scallops
- Shrimp
- Tilapia
- Trout
- Tuna

## Proteins – Poultry

- Chicken
- Duck
- Turkey

## Proteins – Meat

- Beef
- Deli meat (lean)
- Lamb
- Pork
- Wild game
- Bone broth

## Proteins – Eggs

- Eggs
- Egg substitute

## Proteins – Dairy

- Cheese
- Cottage cheese
- Kefir
- Milk
- Whey protein
- Yogurt

## Proteins – Plant-Based

- Meatless burger
- Nuts/nut butters
- PB2 powder
- Pea protein
- Tempeh
- Tofu

## Beans, Lentils & Peas

- Black beans
- Blackeyed peas
- Chickpeas (garbanzo)
- Fava beans
- Hummus
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Northern beans
- Pinto beans
- Soybeans (edamame)
- Split peas
- White beans (cannellini)

## Nuts and Seeds

- Almonds
- Cashews
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Peanuts
- Pine nuts
- Pistachios
- Pumpkin seeds (pepitas)
- Sesame seeds
- Sunflower seeds
- Walnuts

## Fats & Oils

- Avocado
- Avocado oil
- Almond oil
- Butter/ghee
- Grape seed oil
- Macadamia oil
- Mayo
- Olives
- Olive oil
- Salad dressing
- Sesame oil
- Walnut oil

## Beverages

- Almond milk (unsweetened)
- Coffee
- Kombucha
- Milk (unsweetened)
- Plant milk (unsweetened)
- Sports drinks (unsweetened)
- Tea
- Vegetable juice
- Water (no added sugar)
- No-sugar flavor packets

## Flavor

- Apple cider vinegar
- Balsamic vinegar
- Cocoa
- Guacamole
- Honey
- Hummus
- Ketchup (no added sugar)
- Maple syrup (pure)
- Mustard
- Rice vinegar
- Salsa

## Herbs & Spices

- Basil
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Mint
- Mrs. Dash
- Mustard seed
- Nutmeg
- Onion
- Oregano
- Paprika
- Parsley
- Pepper (black, cayenne, chili, chipotle)
- Peppermint
- Pumpkin pie spice
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric
- Vanilla