

HEALTHY EATING GROCERY LIST

Week of: _____ Budget: _____

FRESH PRODUCE (LEAFY GREENS & VEGGIES)

Spinach / Kale

Broccoli / Cauliflower

Berries / Seasonal Fruit

LEAN PROTEINS & PLANT-BASED

Chicken Breast / Turkey

Wild Caught Fish

Eggs / Tofu / Tempeh

WHOLE GRAINS & COMPLEX CARBS

Quinoa / Brown Rice

Sweet Potatoes

Rolled Oats

HEALTHY FATS & PANTRY

Avocado / Olive Oil

Raw Nuts / Seeds

Greek Yogurt / Kefir

MEAL PREP REMINDERS & HYDRATION GOAL