

# Ultimate Healthy Grocery List

## PRODUCE

### VEGGIES

- ☐ Asparagus <sup>C15</sup>
- ☐ Broccoli <sup>C15</sup>
- ☐ Cabbage <sup>C15</sup>
- ☐ Carrots
- ☐ Cauliflower <sup>C15</sup>
- ☐ Celery <sup>D12</sup>
- ☐ Cucumber
- ☐ Eggplant <sup>C15</sup>
- ☐ Kale <sup>D12</sup>
- ☐ Lettuce (green leaf, romaine, red leaf, etc)
- ☐ Onions <sup>C15</sup>
- ☐ Potatoes <sup>D12</sup>
- ☐ Pumpkin
- ☐ Sweet Bell Peppers <sup>D12</sup>
- ☐ Sweet Corn <sup>C15</sup>
- ☐ Sweet Potatoes
- ☐ Spinach <sup>D12</sup>
- ☐ Squash, Butternut/Spaghetti/Acorn
- ☐ Squash, Winter
- ☐ Tomatoes <sup>D12</sup>
- ☐ Yams
- ☐ Zucchini

### FRUITS

- ☐ Apples <sup>D12</sup>
- ☐ Avocados <sup>C15</sup>
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe <sup>C15</sup>
- ☐ Cherries <sup>D12</sup>
- ☐ Grapes <sup>D12</sup>
- ☐ Honeydew Melon <sup>C15</sup>
- ☐ Kiwi <sup>C15</sup>
- ☐ Lemons/Limes
- ☐ Mangoes
- ☐ Nectarines <sup>D12</sup>
- ☐ Oranges/Clementines (cuties, etc)
- ☐ Pears <sup>D12</sup>
- ☐ Peaches <sup>D12</sup>
- ☐ Pineapple <sup>C15</sup>
- ☐ Raspberries
- ☐ Strawberries <sup>D12</sup>
- ☐ Watermelon

D12 = Dirty Dozen (more likely to be contaminated with pesticides) - buy organic when possible

C15 = Clean Fifteen (less likely to be contaminated with pesticides)

## PANTRY STAPLES

### GRAINS & LEGUMES

- ☐ Oats (Steel Cut and Old-Fashioned)
- ☐ 100% Whole Grain Pasta
- ☐ Sprouted Grain or Whole Grain Bread
- ☐ Quinoa
- ☐ Brown or Wild Rice
- ☐ Dried beans and lentils
- ☐ Canned beans (black, kidney, pinto, white/cannelloni or great northern)

### CANNED & PACKAGED GOODS

- ☐ Organic Tomato Sauce
- ☐ Organic Tomato Paste
- ☐ Organic Pizza Sauce
- ☐ Organic Diced Tomatoes
- ☐ Organic Marinara Sauce
- ☐ Organic Salsa
- ☐ Organic Chicken, Veggie, & Beef Broth
- ☐ Nut Butter (Peanut, Almond, etc)

Note on canned/packaged goods: read ingredient list when choosing products. Many may contain hidden sugar.

# PANTRY STAPLES (continued)

## PACKAGED SNACKS

- ☐ Kodiak Cakes Pancake Mix
- ☐ Lara Bars
- ☐ RX Bars
- ☐ Kind Bars
- ☐ KRAVE beef jerky
- ☐ Triscuits, organic
- ☐ Popcorn for Popping
- ☐ Packaged Popcorn (Boom Chicka Pop)
- ☐ Organic Tortilla Chips
- ☐ Nuts & Seeds (Almonds, Walnuts, Pumpkin Seeds, etc)

## BAKING & SEASONING/SPICES

- ☐ Whole Wheat Flour
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Dried Spices/herbs

## OILS & CONDIMENTS

- ☐ Extra Virgin Olive Oil
- ☐ Coconut Oil
- ☐ Maple Syrup
- ☐ Honey
- ☐ Vanilla
- ☐ Unsweetened Coconut Flakes
- ☐ Dark Chocolate Chips
- ☐ Tessemae's Salad Dressings
- ☐ Ketchup (Look for Tessamae's or another brand without sugar.)
- ☐ Mustard
- ☐ Coconut Aminos
- ☐ Apple Cider Vinegar
- ☐ Red Wine Vinegar, Balsamic Vinegar

# FRIDGE & FREEZER

## MEAT & EGGS

- ☐ Organic Eggs
- ☐ Grass Fed Beef
- ☐ Chicken, Organic
- ☐ Turkey, Ground
- ☐ Fresh Pork (such as tenderloin)
- ☐ Wild Caught Fish

## DAIRY

- ☐ Plain Greek Yogurt (*For pre-flavored, Siggi's does have a no sugar added variety and all varieties have less sugar than most brands.*)
- ☐ Cottage Cheese
- ☐ Natural Block Cheese (avoid processed cheese such as American and Velveeta)
- ☐ Milk Alternatives (Unsweetened Nut, Oat, or Coconut Milk)
- ☐ Milk, Dairy

Note on dairy products: Choose grassfed and organic when possible. If you know a local farmer with good farming practices this is even better.

## FROZEN FRUITS & VEGGIES

- ☐ Frozen Fruits & Berries
- ☐ Cauliflower Rice
- ☐ Mashed Cauliflower
- ☐ Pre-chopped frozen veggies (onions, bell peppers, butternut squash, mire poix)
- ☐ Steamable Veggies

## FROZEN CONVENIENCE FOODS

- ☐ Hillary's Veggie Burgers (many varieties)
- ☐ Dr. Praeger's Brand Items (Veggie Burgers, Fish Bites, Spinach Cakes, Kids products)
- ☐ Sweet Potato Fries
- ☐ Kodiak Cakes Waffles
- ☐ Ezekiel Brand - Bread, Tortillas, English Muffins