

# Family Friendly Grocery List

## Veggies

Bell Peppers  
Broccoli  
Cauliflower  
Celery Corn  
Green Beans  
Onions  
Peas (frozen)  
Potatoes  
Spinach  
Sweet Potatoes  
Squash  
Zucchini

## Fruits

Apples  
Avocados  
Bananas  
Blueberries  
Grapes  
Kiwi  
Mandarins (Cuties)  
Raspberries  
Strawberries

## Dairy

Cheese (*block, shredded, stick*)  
Cottage cheese  
Cream cheese  
Kefir  
Milk, whole  
Yogurt

## Beans/Legumes

Black beans  
Cannelini beans  
Garbanzo beans  
Great northern  
Lentils  
Pinto beans

## Meat/Eggs

Beef:  
Ground  
Roast  
Steak  
Chicken:  
Breast  
Thighs  
Whole Chicken  
Eggs  
Fish, *wild caught*  
Pork  
Turkey  
Breast  
Ground

## Rice/Grains

Bread  
Crackers  
English Muffin/bagels  
Noodles  
Naan Bread  
Oats  
Pasta  
Rice  
Tortilla  
Quinoa

*\*Aim to buy whole grain or sprouted grains.*

## Oils/Condiments

Coconut Oil  
Extra Virgin Olive Oil  
Honey  
Jam/Jelly *no sugar added*  
Ketchup  
Mustard  
Maple Syrup  
Mayonnaise *whole food based such as Primal Kitchen*  
Coconut Aminos  
Vinegar

## Canned/Packaged

Broth  
Marinara/Pasta Sauce  
Pizza Sauce  
Salsa  
Tomato Sauce  
Tuna  
Nut Butter  
Sliced/Chopped Nuts  
Chia Seeds  
Hemp Hearts  
Dried fruits - raisins, prunes, dried fruits

## Snacks

Applesauce *no sugar added*  
Kids kind bars  
Larabars *regular or "kid version"*  
Kids RX bars  
Green Pea Crisps *ie Harvest Snaps*  
Whole grain crackers *ie Triscuits or Mary's Gone*  
Dry Cereal *no added sugar*  
Hummus

## Convenience

Deli meat, *nitrate free*  
Rotisserie Chicken  
Bagged Salad Kit  
Precut Produce

### Freezer Section:

Applegate Brand *Chicken Nuggets/Strips*  
Hillary's Veggie Burgers  
Dr. Prager's *Veggie burgers, fish bites, spinach cakes, kid products*  
Simply Nature (Aldi)-  
*Spinach and Kale Bites, Broccoli Bites*  
Steamable veggies  
Sweet Potato Fries  
Hashbrowns