

# Healthy Staples Grocery List



## Fruits & Veggies

- Apples
- Bananas
- Carrots
- Broccoli
- Oranges
- Leafy Greens
- Peppers
- Sweet Potatoes
- Onions
- Garlic
- Berries
- Tomatoes



## Protein

- Chicken Breasts
- Wild Salmon
- Greek Yogurt
- Eggs
- Tofu
- Lean Turkey
- Low-fat Cheese
- Tuna (In Water)
- White Fish
- Shrimp



## Dairy

- Low-fat Milk
- Cottage Cheese
- Low-fat Cheese
- Greek Yogurt



## Snacks

- Hummus
- Nuts
- Popcorn
- Salsa



## Spices & Herbs

- Rosemary
- Turmeric
- Dill
- Basil
- Cinnamon
- Oregano



## Whole Grains & Legumes

- Quinoa
- Brown Rice
- Oats
- High Fiber Cereal
- Whole Grain Pasta, Tortillas & Bread
- Black Beans
- Garbanzo Beans
- Wild Rice
- Lentils



## Healthy Fats

- Avocado
- Olive oil
- Almonds
- Chia Seeds
- Flax Seeds
- All Natural Nut Butter



## Dressings & Condiments

- Lemons & Limes
- Olive Oil
- Mustard
- Vinegar