

YOUR HEALTHY GROCERY Shopping List

NON-STARCHY VEGETABLES

- Asparagus
- Cabbage
- Tomatoes
- Peppers
- Onions
- Spinach
- Green beans
- Carrots
- Eggplant
- Cauliflower
- Pickles*
- Sauerkraut*

STARCHY VEGETABLES

- Green peas
- Corn
- Squash
- Potatoes* (sweet have more nutrition)
- Plantains
- Pumpkin
- Parsnips

FRUIT

- Apples
- Pears
- Plums
- Avocados
- Grapes
- Peaches
- Blueberries
- Unripe bananas*
- Strawberries
- Oranges
- Plums

DAIRY

- Fat-free or low-fat milk, cheese
- Yogurt*
- Kefir*

COOKING CONDIMENTS

- Olive oil
- Algae oil
- Low-sugar salad dressings
- Salsa

GRAINS AND DRIED FOODS

- Whole-grain breads
- Whole-wheat pasta OR chickpea pasta
- Beans, lentils, chickpeas
- Quinoa
- Bulgar
- Barley
- Brown rice
- Whole-grain hot and cold cereals
- Whole-wheat tortillas
- Nuts and seeds
- Natural peanut/plant butters
- Tofu

PROTEIN

- Pork tenderloin
- Skinless chicken breasts
- Egg and egg substitutes
- Fish and seafood

*Gut-healthy foods