

## Healthy-Lifestyle Grocery List

### Produce:

Organic Apples  
Bananas  
Blueberries (Fresh or Frozen)

Baby Carrots  
Cucumbers  
Spinach  
Red or Green Peppers  
Sweet Potato  
Onion  
Tomato  
Avocado  
Steam Fresh  
    Broccoli  
    Green Beans  
    Stir-Fry Blends

### Dairy:

Skim or Low-Fat Milk  
Unsweetened Almond Milk  
Plain Greek Yogurt  
Light String Cheese

### Proteins:

Egg Whites  
Eggs  
Chicken Breast  
Salmon or Flounder Filets  
Lean Ground Turkey Breast

### Fats:

Peanut or Almond Butter  
Olive Oil  
Nuts: Almonds, Walnuts, Pistachios  
Coconut Oil (For Flavoring)  
Spray Oil (Olive or Canola)  
Spray Butter  
Light Mayonnaise

### Grains: (Choose 4-6)

Brown Rice  
100% Whole Grain Pasta  
12-Grain Bread  
Steel Cut Oats  
Cheerios (or other low-sugar cereal)  
Rice Cakes  
100% Whole Grain Wraps  
Whole Grain English Muffins  
Quinoa  
Couscous

### Canned Goods

Light Tuna in Water  
Canned Salmon  
Black Beans  
Chili Beans  
Coconut Milk

### Spices:

Cinnamon  
Ranch Powder  
Lemon Pepper Seasoning  
Mrs. Dash Line  
Garlic Powder  
Onion Powder

### Condiments/Misc.

Mustard  
Hot Sauce  
Parmesan Cheese  
French Onion Soup Powder  
Dark Cocoa Powder  
Honey  
Splenda  
Coffee  
  
Whey Protein Powder  
Vitamin D 2,000 IU