



- YOUR -

Dietitian-Recommended Grocery List

Vegetables

- ☐ Leafy greens: spinach, kale and lettuce
- ☐ Cruciferous veggies: broccoli, Brussels sprouts and cauliflower
- ☐ Starchy veggies: white and sweet potatoes, squash, corn and parsnips
- ☐ Non-starchy veggies: artichokes, peppers, mushrooms, eggplant and zucchini

Fruits

- ☐ Berries: strawberries, blueberries, raspberries, blackberries and unsweetened cranberries
- ☐ Stone fruits: peaches, plums, nectarines, apricots and cherries
- ☐ Citrus fruits: grapefruit, oranges and lemons
- ☐ Melons: cantaloupe, watermelon and honeydew
- ☐ Apples ☐ Pears
- ☐ Pomegranates ☐ Bananas
- ☐ Pineapple ☐ Avocado

Whole Grains

- ☐ Steel-cut oats
- ☐ Sprouted whole-grain bread
- ☐ Brown rice
- ☐ Amaranth
- ☐ Teff
- ☐ Farro
- ☐ Buckwheat
- ☐ Barley
- ☐ Millet

Dairy and Eggs

- ☐ Low-fat unsweetened Greek yogurt and Icelandic-style skyr
- ☐ Low-fat dairy milk or plant-based milk
- ☐ Kefir
- ☐ Cheese: cottage cheese, goat cheese, feta cheese, part-skim mozzarella
- ☐ Grass-fed ghee and butter
- ☐ Pasture-raised eggs

Meat and Seafood

- ☐ Grass-fed beef
- ☐ Poultry: chicken and turkey
- ☐ Fatty fish: salmon, herring, anchovies, mackerel and sardines
- ☐ Lean fish: trout, canned light tuna, tuna steaks, cod, flounder and halibut



Nuts, Seeds and Legumes

- ☐ Almonds
- ☐ Hazelnuts
- ☐ Pistachios
- ☐ Walnuts
- ☐ Peanuts
- ☐ Sunflower seeds
- ☐ Quinoa (fun fact: quinoa is a seed)
- ☐ Beans
- ☐ Lentils
- ☐ Chickpeas
- ☐ Peas
- ☐ Organic soybeans

Healthy Oils

- ☐ Extra-virgin olive oil
- ☐ Avocado oil
- ☐ Canola oil

