

# Grocery List Suggestions

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## PRODUCE

*Choose a colorful assortment of fresh fruits and vegetables to help you (and other members of your household) reach a daily minimum goal of 2 ½ cups of fruit and 3 cups of vegetables every day.*

Leafy Greens (Spinach, Swiss Chard, Arugula, Kale, Romaine Lettuce, Spring Mix), Broccoli, Starchy Vegetables (Sweet Potatoes, Winter Squash), Potatoes, Bell Peppers (Red, Orange, Yellow), Citrus Fruits, Berries, Kiwifruit, Onions, Garlic, Ginger

## MEAT/SEAFOOD DEPARTMENT

*For meats, choose the leanest cuts and trim away visible fat when possible. Recommendation for fish is to eat at least two (4-oz) servings per week.*

Skinless chicken breast, Skinless turkey breast, Wild salmon, Halibut, Cod, Trout, Shrimp, Scallops, Mussels, Oysters, Clams, >90% Lean Ground Beef (preferably Grass-Fed), Lean beef (Loin Cuts), Bison (Buffalo), Lean Pork (Loin Cuts)

## TEA/BEVERAGES

*Opt for unsweetened beverages and be mindful of caffeine intake, if you're sensitive.*

Green Tea, Chamomile Tea, Tulsi Tea, Sparkling Water

## FROZEN FOODS

*Select a variety of quick go-tos that can be used to doctor up any meal. Optimal storage time is 3 months.*

2-3 Frozen Fruits (Blueberries, Strawberries, Raspberries, Blackberries, Cherries, Mangoes, Peaches, Pineapple), 2-3 Frozen Vegetables (Broccoli, Green Beans, Peas, Corn, Spinach), Edamame, Shrimp, Vacuum-Sealed Wild Salmon

## OTHER

>70% Dark Chocolate, Dates

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## GROCERY

*Watch out for added sugars, excess sodium, and processed oils. Review tips above for label-reading strategies.*

## EGGS/DAIRY

Milk or Non-Dairy Milk, Kefir, Unsweetened Yogurt, Eggs

## PREPARED PRODUCTS

Hummus, Salsa, Guacamole

## NUTS/SEEDS/NUT BUTTERS

*Store in the refrigerator to preserve optimal freshness. Make it a goal to eat ¼ cup nuts/seeds or 2 tablespoons nut butter per day.*

Natural Peanut Butter, Natural Almond Butter, Raw Unsalted Nuts, Raw Unsalted Seeds (Pumpkin, Sunflower, Sesame, Flax, Chia, Hemp)

## WHOLE GRAINS AND WHOLE GRAIN ITEMS

*Prioritize intact, whole grains over processed grain products, whenever possible. Read labels and look for items that contain >3 grams fiber per serving.*

Brown Rice, Oats (Rolled or Steel Cut), Quinoa (or Millet), Barley, Farro, 100% Whole Grain Bread or Sprouted Bread, 100% Whole Wheat or Corn Tortillas, 100% Whole Grain Crackers, Whole Wheat Pasta, Whole Grain Cereal (High Fiber, Low Sugar)

## OILS, VINEGARS, CONDIMENTS

Extra-Virgin Olive Oil, Avocado Oil, Coconut Oil, Reduced Sodium Soy Sauce, Apple Cider Vinegar, Balsamic Vinegar, Dijon Mustard, Local Honey, Pure Maple Syrup

## SPICES AND SEASONINGS

Sea Salt, Black Pepper, Cinnamon, Cumin, Chili Powder, Crushed Red Pepper, Turmeric or Curry Powder, Unsweetened Cocoa Powder

## CANNED GOODS

*Watch out for added salt, sugar, and preservatives.*

Beans (Black, Pinto, Kidney, Great Northern, Garbanzo), Canned Tuna Packed in Water, Canned Wild Salmon, Tomato Sauce, Diced Tomatoes, Coconut Milk, Low-Sodium Chicken Broth, Low-Sodium Vegetable Broth