Healthy grocery list

Staples for a whole-food, mostly plant-based diet

VEGETABLES & FRUIT

- [ ] Leafy greens
- [ ] Broccoli
- [ ] Carrots
- [ ] Onions, garlic
- [ ] Tomatoes
- [ ] Bell peppers
- [ ] Frozen vegetables
- [ ] Sweet potatoes
- [ ] Apples
- [ ] Berries (fresh/frozen)
- [ ] Bananas
- [ ] Oranges

WHOLE GRAINS

- [ ] Oats
- [ ] Brown rice
- [ ] Quinoa
- [ ] Whole-wheat bread
- [ ] Whole-wheat pasta
- [ ] Popcorn kernels

PROTEIN

- [ ] Lentils
- [ ] Black beans
- [ ] Chickpeas
- [ ] Canned salmon or sardines
- [ ] Eggs
- [ ] Tofu
- [ ] Nuts
- [ ] Seeds (flax, pumpkin)
- [ ] Plain yogurt

OTHER

- [ ] Olive or canola oil
- [ ] Herbs and spices
- [ ] Unsweetened tea
- [ ] _____
- [ ] _____
- [ ] _____

> Choose products with short ingredient lists and "no salt added" cans. Fewer deli meats, sugary drinks and snacks.