

SAMPLE GROCERY LIST



	Department	Grocery Item
<input type="checkbox"/>	Organic Produce	Avocado
<input type="checkbox"/>	Organic Produce	Bananas
<input type="checkbox"/>	Organic Produce	Beets
<input type="checkbox"/>	Organic Produce	Bell Peppers (yellow, red, green, etc.)
<input type="checkbox"/>	Organic Produce	Berries (blueberries, blackberries, raspberries, etc.)
<input type="checkbox"/>	Organic Produce	Broccoli or Cauliflower
<input type="checkbox"/>	Organic Produce	Carrots (peeled baby or whole)
<input type="checkbox"/>	Organic Produce	Cherry Tomatoes
<input type="checkbox"/>	Organic Produce	Cucumber
<input type="checkbox"/>	Organic Produce	Fresh Herbs (cilantro, basil, thyme, sage, mint, etc.)
<input type="checkbox"/>	Organic Produce	Gala or Fuji Apples
<input type="checkbox"/>	Organic Produce	Green Onions or Leeks
<input type="checkbox"/>	Organic Produce	Greens (spinach, kale, romaine, arugula, spirulina, etc.)
<input type="checkbox"/>	Organic Produce	Jalapeños
<input type="checkbox"/>	Organic Produce	Mushrooms
<input type="checkbox"/>	Organic Produce	Onion (yellow or red)
<input type="checkbox"/>	Organic Produce	Red Radishes
<input type="checkbox"/>	Organic Produce	Red Seedless Grapes
<input type="checkbox"/>	Organic Produce	Squash (spaghetti, butternut, acorn, etc.)
<input type="checkbox"/>	Organic Produce	Sweet Potato or Yam
<input type="checkbox"/>	Organic Produce	Zucchini
<input type="checkbox"/>	Meat/Seafood	Boneless, Skinless Chicken Breast (Helpful Tip: While I prefer all-natural, there are some great pre-cooked options. Make sure to check the sodium content for less than 700mg/ serving. Try Trader Joe's Just Chicken or Tyson Chicken's Grilled & Ready)
<input type="checkbox"/>	Meat/Seafood	Fresh Fish (In Order of Preference: Shrimp, Salmon, Sushi-Grade Tuna, Halibut, Orange Roughy)
<input type="checkbox"/>	Meat/Seafood	Ground Meat (In Order of Preference: Chicken, Turkey, Bison, Lean Grass-Fed Beef)
<input type="checkbox"/>	Meat/Seafood	Lean Turkey Burgers (frozen or fresh)
<input type="checkbox"/>	Meat/Seafood	Pork Tenderloin
<input type="checkbox"/>	Dairy	Dairy-Free Milk (Recommendations: Califia Farms Cocont Almond Milk, Silk Unsweetened Almond Milk, So Delicious Coconut Milk)
<input type="checkbox"/>	Dairy	Eggs
<input type="checkbox"/>	Dairy	Liquid Egg White Carton
<input type="checkbox"/>	Dairy	Yogurt (Recommendations: Sigg's Yogurt, So Delicious Coconut Milk Yogurt, Oikos Protein Yogurt)
<input type="checkbox"/>	Deli Meat/Cheese	All-Natural Oven-Roasted Deli Meat (turkey or chicken)
<input type="checkbox"/>	Deli Meat/Cheese	Bacon (Note: Real bacon has less nitrates and sodium than turkey bacon, but also more fat. Both are fine! I recommend center cut.)
<input type="checkbox"/>	Deli Meat/Cheese	Chicken Sausage (Recommendation: Apple Gates Organics Chicken Apple Sausage)
<input type="checkbox"/>	Deli Meat/Cheese	Crumbled Goat Cheese
<input type="checkbox"/>	Deli Meat/Cheese	Low-Fat Mozzarella String Cheese
<input type="checkbox"/>	Deli Meat/Cheese	Low-Fat Shredded Mozzarella
<input type="checkbox"/>	Deli Meat/Cheese	Uncured Genoa Salami
<input type="checkbox"/>	Grains	Black Beans, Low-Sodium, 1 can
<input type="checkbox"/>	Grains	Brown Rice (Helpful Tip: Can be purchased in microwavable packets)
<input type="checkbox"/>	Grains	Chia Seeds
<input type="checkbox"/>	Grains	Old-Fashioned Oatmeal
<input type="checkbox"/>	Pantry	Coconut Oil, Extra Virgin Olive Oil, or Clarified Butter (ghee)
<input type="checkbox"/>	Pantry	Low-Sodium Black Beans
<input type="checkbox"/>	Pantry	Low-Sodium Garbanzo Beans (chickpeas)
<input type="checkbox"/>	Pantry	Olive Oil or Coconut Oil Cooking Spray
<input type="checkbox"/>	Condiments	All-Natural Almond Butter (Recommendation: Justin's, Barney Butter, Wild Friends, or Trader Joe's Brand)
<input type="checkbox"/>	Condiments	Healthy Mayo (Recommendation: Olive Oil Mayo, Veganaise, Sunflower Mayo)
<input type="checkbox"/>	Condiments	Honey or Agave
<input type="checkbox"/>	Condiments	Hot Sauce
<input type="checkbox"/>	Condiments	Plain Mustard
<input type="checkbox"/>	Condiments	Red Salsa (Recommendation: Pace Picante Medium)
<input type="checkbox"/>	Condiments	Soy Sauce or Coconut Aminos
<input type="checkbox"/>	Sauces and Dressing	Bragg's Apple Cider Vinegar or Rice Vinegar
<input type="checkbox"/>	Sauces and Dressing	Gluten-Free Marinara or Pesto (Recommendation: Cucina Antica GF Marinara)
<input type="checkbox"/>	Sauces and Dressing	Salad Dressing (Recommendation: Brianna's Blush Wine Vinaigrette)
<input type="checkbox"/>	Chips and Snacks	Blue Corn Tortilla Chips
<input type="checkbox"/>	Chips and Snacks	Butter-Free Popcorn (Recommendations: Skinny Pop, Skinny Girl, Pipcorn)
<input type="checkbox"/>	Chips and Snacks	Dried Blueberries
<input type="checkbox"/>	Chips and Snacks	Raw, Unsalted Almonds
<input type="checkbox"/>	Chips and Snacks	Raw, Unsalted Cashews
<input type="checkbox"/>	Bakery	Bread (Recommendations: Sara Lee 45 Calorie Whole Wheat, Udi's Gluten-Free Whole Grain)
<input type="checkbox"/>	Bakery	Tortillas (Recommendations: Uncooked Corn Tortillas, Udi's Gluten-Free Tortillas, Xtreme Ole Wellness High Fiber Tortillas)
<input type="checkbox"/>	Frozen	Dessert (Recommendations: So Delicious Cashew Milk Ice Cream with Snickerdoodle, Halo Top Vanilla Bean Protein Yogurt, So Delicious Almond Milk Ice Cream Sandwiches)
<input type="checkbox"/>	Frozen	Pizza Crust (Recommendation: Udi's Gluten Free 2-pack)
<input type="checkbox"/>	Supplements	Protein Powder (whey, soy, plant-based, paleo, etc.)