



Healthy Foods

For Your Grocery List

FRUITS & VEGETABLES

Lacinato Kale
Baby Spinach
Cauliflower
Avocados
Organic Lemons
Sweet Potatoes
Bananas
Apples
Strawberries
Medjool Dates

PROTEIN

Tofu
Beef (Lean or Grass-fed)
Turkey Breast
Boneless Skinless
Chicken Breast

GRAINS

Quinoa
Farro
Oat Groats

DAIRY & EGGS

Organic Free-range Eggs
Kefir
Unsweetened Almond Milk
Aged Cheddar
Yogurt
Low-fat Cottage Cheese
Organic Cheese Sticks
Sheep's Milk Ricotta

PROTEIN

Canned Peaches
Canned Tomatoes
Canned Wild Caught Tuna
Canned Pumpkin Puree
Canned Organic Garbanzo Beans
Canned Low-sodium Pinto Beans
Canned Organic Black Beans
Canned Low-sodium Tomato Salice
Canned Coconut Milk

SNACKS

Popcorn
Hummus
Dark Chocolate Bars
Dried Fruit

PANTRY ITEMS

Organic Virgin Coconut Oil
Sea Salt
Local Honey
Dijon Mustard
Hemp Seeds
Almond Butter

Frozen Food

Frozen Organic Blueberries
Frozen Edamame
Frozen Organic Potatoes
Frozen Veggies
Frozen Broccoli
Frozen Salmon