

## Nutritious Grocery List

*Here are some ideas to get you started! Add your own favourite items and use this master guide to build a nutritious grocery list each week.*

✓	Fruit & Vegetables	✓	Dairy & Milk Alternatives	✓	Canned Goods
	Bananas		Milk of choice		Dried or low sodium canned beans or lentils (black, chickpeas, kidney)
	Apples		Plain yogurt/yogurt alt.		
	Oranges		Cottage cheese		
	Berries		Kefir		Tuna or salmon
	Peaches		Cheese/ cheese alt.		Diced tomatoes
	Pears		Cottage cheese		Low sodium chicken/ vegetable stock
	Seasonal / Local Fruit				
	Avocado				
	Celery				
	Carrots	✓	Meat & Alternatives		
	Leafy greens (spinach, kale, romaine)		Lean ground meat (chicken, turkey, beef)		
	Cucumber		Chicken breast		
	Cauliflower		Salmon or whitefish	✓	Condiments/ Other
	Broccoli		Lean steak, pork, etc.		Olive / vegetable oil
	Green Beans		Eggs		Margarine or butter
	Bell Peppers		Firm Tofu or Tempeh		Vinegar (balsamic, red wine, apple cider)
	Zucchini/ Squash		Plain unsalted nuts		
	Onions		Natural nut/seed butter		Low sodium soy sauce
	Potatoes or Sweet Potatoes				Garlic
	Fresh herbs				Lemon/ lime juice
					Garlic/ onion powder
					Italian seasoning
					Other savory seasonings
					Ground Flaxseed
					Chia feeds
		✓	Grains & Starches		Cinnamon
✓	Freezer		Quinoa		Honey or maple syrup
	Frozen fruit		Brown or wild rice		Dark chocolate chips
	Frozen vegetables		Whole grain bread		
	Edamame		Whole grain crackers		
			Steel cut oats		
			High fibre/ whole grain cereal		
			Popcorn kernels		