

## Healthy Grocery List



### Proteins

- Chicken breast
- Ground turkey
- Salmon
- Tuna
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Tempeh
- Protein powder



### Carbohydrates

- Brown rice
- Quinoa
- Sweet potatoes
- Oats
- Whole grain bread
- Whole wheat pasta
- Beans
- Lentils
- Fruits
- Vegetables



### Fats

- Avocados
- Olive oil
- Coconut oil
- Almonds
- Walnuts
- Peanut butter
- Chia seeds
- Flaxseeds
- Fatty fish



### Snacks & Staples

- Hummus
- Rice cakes
- Nut bars
- Low-fat cheese
- Almond milk
- Herbs & spices
- Broth-based soups
- Low-sugar condiments