

RJH Healthy Grocery Shopping List

| PRODUCE | BAKERY | MEAT | DAIRY | FROZEN FOODS |
|---|---|--|---|--|
| Fruits Apples bananas oranges melon grapes rasberries strawberries grapefruit plum | whole wheat bread whole grain bread whole wheat english muffin | Turkey Breast Chicken Breast Tilapia Salmon Cod | 1% milk Almond Milk Parmesan Cheese Mozarella string cheese Reduced-fat feta cheese Shredded cheddar cheese Dannon Yogurt Egg Beaters Eggs Light Sour Cream 1% cottage cheese | Frozen Fruit Frozen Vegetables |
| VEGETABLES | LEAFY GREENS | OILS | SPICES/SEASONINGS | HEALTHY OPTIONS |
| Carrots Celery Cucumbers Avocado Tomatoes Asparagus Broccoli Green Beans Sweet Potato Squash Zucchini | Kale Lettuce (romaine lettuce) Mustard Greens Parsley Spinach Turnip greens Arugula Beet Greens Bok Choy Chard Collard Greens Dandelion Greens | coconut oil extra virgin olive oil flax seed oil vinegar grapeseed oil | garlic powder onion powder basil parsley oregano paprika cinnamon cumin pepper lemon lime ginger basalmlc vinegarette | protein bars protein powder almonds walnuts pistachios all natural peanutbutter |