



## Healthy Choices Grocery Shopping List

Protein		Whole Grains			Split peas
	Wild salmon (canned water-packed)		Brown rice		White navy beans
	Dairy products		Barley	Breakfast Cereals	
	Chicken/Turkey		Spelt		Large rolled oats (not instant)
	Eggs (free range)		Oatmeal		Other whole grain cereals
	Beef – grass fed		Kamut		7-grain hot cereal
	Kefir (similar to yogurt)		Millet		Shredded wheat/Muffets
	Whey or hemp protein powder		Other whole grains	Pasta	
	Tofu (once a month – max.)	Fruits (low carb)			Rice noodles
	Scallops		Blackberries		Real egg fettuccini
	Sour cream (organic)		Blueberries		Whole-grain pastas
	Tuna (canned or fresh)		Cherries	Soups	
	Wild game (venison, bison)		Cranberries (unsweetened)		Black bean
	Protein shakes		Dried apricots		Lentil
	Shrimp		Kiwi		Tomato
	Wild fish (cod, bass, haddock, halibut, mackerel, perch, Pollack, snapper, sole, trout)		Lemons and limes	Fats and Oils	
	Sardines		Peaches and pears		Cold pressed organic flaxseed, sunflower, pumpkin seed – for dressings
	Lamb		Plums		Extra virgin olive oil – for cooking
	Tilapia		Raspberries		Organic coconut butter – for frying
Vegetables			Cranberry juice (unsweetened)	Condiments and Spices	
	Fresh greens (kale, collards, broccoli, asparagus etc.)		Grapefruit juice (unsweetened)		Balsamic vinegar
	Peppers (red, green, orange)		Watermelon		Capers
	Onions/scallions	Nuts and Seeds			All spices
	Sweet potatoes		Almonds		All herbs
	Avocado		Brazil nuts		Garlic
	Brussels sprouts		Filberts		Mayonnaise
	Broccoli		Flaxseeds		Organic apple cider vinegar
	Cauliflower		Pecans		Real flavour extracts
	Celery		Sesame seeds		Carob or cocoa powder
	Chard		Sunflower seeds		Sea salt
	Cucumber		Walnuts		Unsweetened Dijon mustard
	Eggplant	Breads			Unsweetened salsa
	Kale		Whole grain, rye or pumpnickel	Good Dairy Products	
	Lettuces		Ezekiel bread		Organic cheese
	Mushrooms	Beans and Legumes			Organic milk
	Purple cabbage		Black beans		Organic yogurt (unflavoured)
	Rhubarb		Chick peas	Sweeteners	
	Seed sprouts of all kinds		Lentils		Stevia
	Zucchini		Pinto beans		



Protein		Whole Grains			
				Breakfast Cereals	
				Pasta	
		Fruits (Wash well before eating)			
				Soups	
				Fats and Oils	
Vegetables					
				Condiments and Spices	
		Nuts and Seeds			
		Breads			
				Good Dairy Products	
		Beans and Legumes			
				Sweeteners	

JUST REMEMBER TO MAKE FRESH, WHOLESOME AND HEALTHY CHOICES