

Personal Grocery Shopping Guide

Armed with the right tools, like an organized list, grocery shopping can be more efficient and hassle-free. This grocery list below offers options to consider when at the store. On the back, you can complete your own list, to fit your needs.

Vegetables

- Broccoli
- Bell peppers
- Butternut squash
- Cabbage
- Carrots
- Spinach
- Sweet potatoes

Fruit

- Apples
- Bananas
- Berries
- Grapes
- Kiwi
- Oranges
- Pears
- Pineapple

Dairy

- Low-fat milk
- Low-fat cheese
- Low-fat yogurt

Protein

- Lean beef
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Lean pork
- Tofu

Frozen

- Fruits
- Vegetables

Dry Goods

- Whole Grains
- Rolled Oats
- Steel Cut Oats
- Amaranth
- Brown Rice
- Quinoa
- Whole Wheat Bread
- Whole Wheat Pasta

Extras

- Low-sodium broth
- Spices

My Grocery List

Vegetables

Fruit

Dairy

Protein

Frozen

Whole Grains

Dry Goods & Extras
