# **SHAPE** | The Ultimate Healthy Grocery List

Pick up these ingredients and you'll be able to eat (and eat well!) all week long

### **GRAINS, LEGUMES, & STARCHES**

Always have:

- ☐ High-fiber cereal
- □ Oats
- ☐ Panko breadcrumbs
- ☐ Sweet potatoes or yams



- ☐ Whole-wheat or gluten-free pasta
- ☐ Brown rice
- □ Quinoa

Always have at least one of the following:

- ☐ Whole-wheat, gluten-free, or sprouted bread
- ☐ Whole-wheat wraps
- ☐ Whole-wheat English muffins

# **MEAT/PROTEIN**

Always have:

- ☐ Boneless, skinless chicken breast
- ☐ Wild salmon
- ☐ Filet, hanger, flank, sirloin, or 93% lean ground beef

(Ideally grass-fed and organic)



Vegetarians and vegans, always have:

- ☐ Firm tofu
- □ Tempeh
- ☐ Frozen edamame



#### **PRODUCE**

Always have:

- □ Onions
- □ 3 in-season fruits\*, including 1 berry
- ☐ 5 in-season vegetables\*, including 1 leafy green

\*Aim for one new fruit and one new vegetable (or ones you haven't had in a while)



#### **DAIRY**

Always have:

- ☐ Nonfat milk or non-dairy milk
- ☐ Low-fat or nonfat plain Greek or regular yogurt
- □ Eggs

Optional:

- ☐ Parmesan cheese
- □ Low-fat cheese



Always have:

- ☐ Tomato sauce
- ☐ Low-sodium vegetable and/or chicken broth
- □ 1 can no-salt-added beans or lentils
- ☐ 1 can chunk light or Albacore tuna
- ☐ Low-sodium soup

Optional:

☐ Canned sardines with bones



## **OILS, VINEGARS, & CONDIMENTS**

Always have:

- ☐ Extra-virgin olive oil
- ☐ White wine vinegar
- ☐ Mustard
- ☐ Low-sodium soy sauce

Optional:

- ☐ Canola oil
- ☐ Other vinegars (balsamic, rice, red wine)
- ☐ Ketchup
- ☐ Horseradish
- ☐ Low-sodium Worcestershire sauce

#### **SEASONINGS**

Always have:

- ☐ Kosher salt
- ☐ Black pepper
- ☐ Lemons or limes
- ☐ Fresh or bottled minced garlic
- □ Agave

Optional:

- ☐ Sea salt
- ☐ Fine salt
- □ Capers



# **DRIED HERBS & SPICES**

Always have at least two of your favorites, such as:

- ☐ Cinnamon
- ☐ Cumin
- ☐ Crushed red pepper
- □ Rosemary
- ☐ Thyme
- ☐ Tumeric



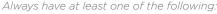
#### **FROZEN FOODS**

Always have at least one of each of the following:

- □ Vegetables
- ☐ No-sugar-added berries or other fruit

Always have one of the following:

- ☐ Extra-lean ground turkey meat
- □ Vacuum-sealed fish
- ☐ Shrimp



☐ Vegetable burgers

(no more than 200 calories, at least 4g protein and 4g fiber; be sure vegetables are in the ingredients list)

☐ Healthy meals

(with no more than 500mg sodium per serving)