SHOPPING LIST – FOR 7 DAY HEALTHY MEAL PLAN

**Fruit:**
- Blueberries
- Raspberries
- Strawberries
- Red or black Grapes
- Apples
- Bananas
- Pineapple
- Lemons /limes

**Protein:**
- Lean chicken
- Salmon fresh or frozen.
- White fish
- Tinned salmon, low sodium in water
- Tinned Tuna, low sodium in water
- Ground turkey
- Turkey breast
- Lean Beef steak
- Whey protein powder (vanilla is good!)

**Whole grains:**
- Fiber 1 cereal or high fiber, low sugar cereal
- Oatmeal
- Wasa or Ryvita crisps/crackers
- Medium Whole grain wraps
- Whole grain bread

**Vegetables:**
- Sweet potatoes
- Spaghetti squash
- Leeks
- Onions
- Garlic
- Cabbage or ready prepared coleslaw mix
- Celery
- Cucumber
- Red pepper
- Mini carrots
- Romaine lettuce
- Mixed salad greens
- Asparagus
- Mushrooms

**Nuts and seeds:**
- Almonds
- Walnuts
- Pumpkin seeds
- Flax seeds
- Dried cranberries

**Dairy:**
- Greek yogurt
- Skim milk
- Omega 3 eggs
- Egg whites
- Low fat cheese
- Feta cheese
- Low fat cream cheese
- Low fat parmesan cheese

Copyright: www.the-high-blood-pressure-diet.com