

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

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

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

Miscellaneous:

- Low sodium soy sauce- or Tamari sauce
- Olive oil
- Coconut oil
- Hummus
- Kidney beans
- Tin low sodium tomatoes
- Low sodium tomato sauce
- Low sodium chicken stock
- Black olives
- Spike or natural salt substitute