Healthy Grocery List

Printable checklist

Dishco
Alani lifestyle

PRODUCE

- [ ] Leafy greens (spinach, kale, romaine)
- [ ] Berries (fresh or frozen)
- [ ] Broccoli, peppers, cucumbers, carrots
- [ ] Bananas, apples, citrus
- [ ] Tomatoes, onions, garlic
- [ ] Fresh herbs (cilantro, parsley, basil)

LEAN PROTEINS

- [ ] Chicken breast or thighs
- [ ] Ground turkey or lean chicken
- [ ] Salmon, white fish, or shrimp
- [ ] Canned tuna or salmon (in water)
- [ ] Tofu or tempeh
- [ ] Eggs (a dozen)

DAIRY & EGGS

- [ ] Plain Greek yogurt
- [ ] Cottage cheese
- [ ] Milk or unsweetened alternative
- [ ] Cheese you enjoy (feta, cheddar)

WHOLE GRAINS

- [ ] Rolled oats
- [ ] Brown rice or quinoa
- [ ] Whole-grain bread or tortillas
- [ ] Whole-wheat or chickpea pasta

HEALTHY FATS

- [ ] Extra-virgin olive oil
- [ ] Avocado
- [ ] Nuts + nut butter
- [ ] Seeds (chia, flax, pumpkin)

PANTRY STAPLES

- [ ] Chickpeas, lentils, legumes
- [ ] Canned tomatoes + tomato paste
- [ ] Low-sodium broth
- [ ] Spices (chili, cumin, paprika, garlic)
- [ ] Vinegar or lemon juice
- [ ] Parmesan, hot sauce, or salsa

FROZEN

- [ ] Mixed vegetables / broccoli / spinach
- [ ] Frozen fruit for smoothies
- [ ] Fish fillets or edamame
- [ ] Frozen brown rice (backup)

BEVERAGES

- [ ] Still or sparkling water
- [ ] Coffee + usual milk / alternative
- [ ] Herbal or green tea
- [ ] Electrolytes (optional, low-sugar)

CONDIMENTS

- [ ] Mustard, hummus, soy / coconut aminos
- [ ] Oil-and-vinegar dressing basics
- [ ] Salsa, hot sauce, or chili crisp

OPTIONAL SNACKS

- [ ] Popcorn (kernels or lightly salted)
- [ ] Dark chocolate (one bar)
- [ ] Rice cakes or whole-grain crackers
- [ ] Hummus + cut vegetables
- [ ] Trail mix or roasted chickpeas
- [ ] Greek yogurt cups / string cheese

Tip: Plan 4–7 dinners first, check the fridge, then shop once by aisle.