

# SAMPLE GROCERY LIST



This sample grocery list can help you make healthier choices when you shop. Add the quantity you need next to each item, and check if you have a coupon. Planning ahead will help you save time and money! Remember to compare labels and choose products with the lowest amount of sodium, added sugars and saturated fat and no trans fat that you can find in your store.

|                         | Quantity | Coupon |
|-------------------------|----------|--------|
| <b>Fresh Vegetables</b> |          |        |
| Asparagus               |          |        |
| Broccoli                |          |        |
| Carrot                  |          |        |
| Cauliflower             |          |        |
| Celery                  |          |        |
| Corn                    |          |        |
| Cucumbers               |          |        |
| Lettuce/Greens          |          |        |
| Onions                  |          |        |
| Peppers                 |          |        |
| Potatoes                |          |        |
| Spinach                 |          |        |
| Squash                  |          |        |
| Sweet potatoes          |          |        |
| Tomatoes                |          |        |
| Zucchini                |          |        |
|                         |          |        |
| <b>Fresh Fruits</b>     |          |        |
| Apples                  |          |        |
| Avocados                |          |        |
| Bananas                 |          |        |
| Berries                 |          |        |
| Cherries                |          |        |
| Grapefruit              |          |        |
| Grapes                  |          |        |
| Kiwis                   |          |        |
| Lemons/Limes            |          |        |
| Melon                   |          |        |
| Oranges                 |          |        |
| Peaches                 |          |        |
| Pears                   |          |        |
| Plums                   |          |        |
|                         |          |        |

|                          | Quantity | Coupon |
|--------------------------|----------|--------|
| <b>Canned/Dry Beans</b>  |          |        |
| Black beans              |          |        |
| Chickpeas                |          |        |
| Kidney beans             |          |        |
| Lima beans               |          |        |
| Pinto beans              |          |        |
| White beans              |          |        |
|                          |          |        |
|                          |          |        |
| <b>Frozen Vegetables</b> |          |        |
| Broccoli                 |          |        |
| Cauliflower              |          |        |
| Corn                     |          |        |
| Green beans              |          |        |
| Mixed vegetables         |          |        |
| Spinach                  |          |        |
|                          |          |        |
|                          |          |        |
| <b>Frozen Fruits</b>     |          |        |
| Berries                  |          |        |
| Cherries                 |          |        |
| Mixed fruit              |          |        |
| Peaches                  |          |        |
|                          |          |        |
|                          |          |        |
| <b>Canned Vegetables</b> |          |        |
| Corn                     |          |        |
| Green beans              |          |        |
| Mixed vegetables         |          |        |
| Peas                     |          |        |
| Tomatoes                 |          |        |
| Tomato paste/sauce       |          |        |
| Yams                     |          |        |
|                          |          |        |

|                                          | Quantity | Coupon |
|------------------------------------------|----------|--------|
| <b>Canned/Jarred/ Dried Fruits</b>       |          |        |
| Apple sauce                              |          |        |
| Apricots                                 |          |        |
| Dates                                    |          |        |
| Mixed fruit                              |          |        |
| Oranges                                  |          |        |
| Peaches                                  |          |        |
| Pineapple                                |          |        |
| Prunes                                   |          |        |
| Raisins                                  |          |        |
|                                          |          |        |
| <b>Whole Grains</b>                      |          |        |
| Bread                                    |          |        |
| Brown rice                               |          |        |
| Cereal                                   |          |        |
| Couscous                                 |          |        |
| Oatmeal                                  |          |        |
| Pasta                                    |          |        |
| Quinoa                                   |          |        |
| Tortillas                                |          |        |
|                                          |          |        |
| <b>Fresh/Frozen Meat &amp; Seafood</b>   |          |        |
| Skinless poultry                         |          |        |
| Lean meats                               |          |        |
| Lunch meats                              |          |        |
| Salmon                                   |          |        |
| White fish fillets                       |          |        |
|                                          |          |        |
| <b>Canned/Pouched Meat &amp; Seafood</b> |          |        |
| Chicken                                  |          |        |
| Salmon                                   |          |        |
| Tuna                                     |          |        |
|                                          |          |        |
| <b>Pantry Staples</b>                    |          |        |
| Nut Butters<br>(peanut, almond)          |          |        |
| Nuts<br>(almonds, walnuts)               |          |        |
| Salsa                                    |          |        |
| Soups and broths                         |          |        |
| Spaghetti sauce                          |          |        |

|                                              | Quantity | Coupon |
|----------------------------------------------|----------|--------|
| <b>Cooking/Baking Essentials</b>             |          |        |
| Extra Virgin Olive Oil                       |          |        |
| Flour (whole wheat)                          |          |        |
| Non-stick cooking spray                      |          |        |
| Vegetable/canola oil                         |          |        |
| Vinegars                                     |          |        |
|                                              |          |        |
| <b>Herbs/Spices &amp; Seasonings</b>         |          |        |
| Basil                                        |          |        |
| Cilantro                                     |          |        |
| Garlic                                       |          |        |
| Mint                                         |          |        |
| Parsley                                      |          |        |
| Pepper<br>(black, cayenne, red)              |          |        |
| Salt-free seasoning blend                    |          |        |
| Thyme                                        |          |        |
| <b>Dairy (Low-fat/Fat-free)</b>              |          |        |
| Cheese                                       |          |        |
| Eggs/egg whites                              |          |        |
| Milk                                         |          |        |
| Yogurt                                       |          |        |
|                                              |          |        |
|                                              |          |        |
| <b>Cleaning Supplies &amp; Miscellaneous</b> |          |        |
|                                              |          |        |
|                                              |          |        |
|                                              |          |        |
|                                              |          |        |
|                                              |          |        |
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