

# Essential GROCERY LIST



A basic grocery list from Marshfield Clinic and Shine365 to help you buy and eat healthier meals.

## Vegetables

- Baby carrots
- Celery
- Green beans (canned)
- Green pepper
- Kale
- Lettuce
- Salsa
- Snap peas
- Spinach
- Tomatoes (canned)

## Fruit

- Apples
- Bananas
- Canned fruit in 100% juice
- Frozen berries
- Oranges
- Applesauce unsweetened
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Protein

- Black beans
- Canned tuna
- Chickpeas
- Eggs
- Kidney beans
- Peanut butter
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Grains

- Brown rice
- Whole grain cereal  
examples: Kix™, Cheerios™, Kashi® GOLEAN Crunch®, Frosted Mini Wheats®, Raisin Bran®, Life®
- Whole grain granola bars  
examples: Nature Valley™ Protein bars, Kashi® Granola bars
- Whole wheat bread  
look for 3g fiber per slice

## Dairy

- Cottage Cheese low fat
- Milk Skim or 1%
- String cheese low fat or 1%
- Yogurt

## Other

- Trail Mix
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Tips

- When buying lettuce, the darker the green, the more nutrients.
- Buy an extra dozen eggs and boil for quick breakfasts and mid-day snack options.
- Make your own trail mix using healthy options like peanuts, raisins, cranberries and Cheerios®.