Healthy Family Grocery List

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## 🥦 Fruits & Vegetables

☐ Apples

☐ Bananas

☐ Oranges/Citrus

☐ Berries

☐ Grapes

☐ Avocados

☐ Tomatoes

☐ Carrots

☐ Broccoli

☐ Spinach

☐ Kale

☐ Bell peppers

☐ Cucumbers

☐ Onions

☐ Garlic

☐ Sweet potatoes

☐ Zucchini

☐ Lemons/Limes

## 🥩 Proteins

☐ Eggs

☐ Chicken breast/thighs

☐ Ground beef/turkey

☐ Canned tuna or salmon

☐ Lentils

☐ Chickpeas

☐ Black beans

☐ Tofu or Tempeh

☐ Greek yogurt

☐ Milk

☐ Cheese

☐ Nut butter

## 🍞 Whole Grains & Carbs

☐ Whole wheat bread

☐ Brown rice

☐ Oats

☐ Whole grain pasta

☐ Quinoa

☐ Whole grain tortillas/wraps

☐ Whole wheat flour

☐ Sweet potatoes

☐ Popcorn

## 🧴 Pantry Staples

☐ Olive oil or avocado oil

☐ Apple cider vinegar

☐ Canned tomatoes

☐ Tomato paste

☐ Broth

☐ Whole grain crackers

☐ Honey or maple syrup

☐ Herbs & spices

☐ Salt & pepper

☐ Nuts & seeds

## 🧃 Smoothie Items & Drinks

☐ Herbal teas

☐ Fruit-infused water ingredients

☐ Frozen fruits

☐ Protein powder

☐ Unsweetened almond/oat milk

☐ Coconut water

## 🍪 Healthy Snacks

☐ Plain Greek yogurt

☐ Hard-boiled eggs

☐ Trail mix

☐ Hummus

☐ Fresh fruit

☐ Veggie sticks

☐ Whole grain rice cakes

☐ Homemade muffins

## 🧼 Extras

☐ Reusable shopping bags

☐ Meal prep containers

☐ Ziplock bags

☐ Paper towels

☐ Dish soap