

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