

## Moving Into Wellness Grocery Master List

### Proteins - Animal

- ☐ Chicken breast or thighs (lean, versatile)
- ☐ Turkey (ground or sliced)
- ☐ Fish: salmon, tuna, cod, halibut, trout (omega-3s)
- ☐ Seafood: shrimp, scallops, sardines
- ☐ Eggs & egg whites (complete protein)
- ☐ Greek yogurt & kefir (probiotics, calcium)
- ☐ Cottage cheese, ricotta, mozzarella, feta, goat cheese

### Proteins - Plant

- ☐ Beans: black, kidney, pinto, navy, cannellini, garbanzo
- ☐ Lentils (red, brown, green)
- ☐ Soy-based: edamame, tofu, tempeh (high in plant protein)
- ☐ Pea, rice, or hemp protein powders
- ☐ Nuts: almonds, walnuts, cashews, pistachios
- ☐ Seeds: chia, flax, hemp, pumpkin, sunflower
- ☐ Nut butters: almond, peanut, sunflower (no added sugar)

### Produce - Vegetables & Fruits

- ☐ Leafy greens: spinach, kale, arugula, romaine, chard
- ☐ Cruciferous: broccoli, cauliflower, cabbage, Brussels sprouts
- ☐ Root veggies: sweet potatoes, carrots, beets, parsnips
- ☐ Peppers, zucchini, squash, cucumber, mushrooms
- ☐ Alliums: onions, garlic, leeks, scallions
- ☐ Fruits: berries, apples, pears, oranges, kiwi, mango, grapes
- ☐ Citrus: lemons, limes, grapefruit (for flavor & vitamin C)
- ☐ Avocado (healthy fat)
- ☐ Fresh herbs: parsley, basil, cilantro, dill, mint, rosemary

### Moving Into Wellness Grocery Master List (page 2)

#### Healthy Fats & Oils ☐☐☐

- ☐ Extra-virgin olive oil (anti-inflammatory) ☐☐
- ☐ Avocado oil (great for high-heat cooking) ☐☐
- ☐ Coconut oil (MCTs, use moderately) ☐
- ☐ Ghee (clarified butter) ☐
- ☐ Nuts & seeds (almonds, chia, flax, walnuts, hemp) ☐☐☐
- ☐ Nut butters (natural, no hydrogenated oils) ☐☐☐
- ☐ Olives, avocado ☐☐☐

#### Whole Grains & Healthy Carbs ☐☐☐

- ☐ Oats (old-fashioned or steel-cut) ☐☐
- ☐ Quinoa, barley, bulgur, farro (fiber-rich) ☐☐
- ☐ Brown rice, wild rice ☐☐
- ☐ Whole-grain breads, sprouted breads, tortillas ☐☐
- ☐ Chickpea, lentil, or brown rice pasta ☐☐
- ☐ Sweet potatoes, winter squash, plantains ☐☐
- ☐ Corn tortillas, popcorn kernels (whole grain) ☐☐

#### Pantry Essentials ☐☐☐

- ☐ Canned tomatoes (no sugar added), tomato paste ☐
- ☐ Canned beans & lentils (low-sodium) ☐
- ☐ Tuna, salmon, sardines (omega-3s) ☐☐☐
- ☐ Nut flours: almond, coconut, oat, whole wheat ☐☐☐
- ☐ Low-sodium broth or stock cubes ☐☐
- ☐ Vinegars: apple cider, balsamic, red wine ☐☐
- ☐ Tahini, mustard, hot sauce, coconut aminos, salsa ☐☐☐
- ☐ Coconut milk (unsweetened, full or light) ☐☐☐

### Moving Into Wellness Grocery Master List (page 3)

#### Condiments & Dressings ☐☐☐

- ☐ Olive oil + vinegar dressings (DIY) ☐☐
- ☐ Avocado oil mayo ☐☐
- ☐ Pesto, hummus, guacamole ☐☐☐
- ☐ Low-sugar ketchup & BBQ sauce ☐
- ☐ Salsa, pico de gallo, hot sauce ☐☐
- ☐ Tamari, coconut aminos (soy-free) ☐☐☐

#### Snacks & Convenience ☐☐☐☐

- ☐ Roasted chickpeas, edamame ☐☐
- ☐ Mixed nuts & seeds ☐☐☐
- ☐ Beef or turkey jerky (low sugar) ☐☐
- ☐ Fruit + nut bars (minimal ingredients) ☐
- ☐ Air-popped popcorn ☐☐
- ☐ Dark chocolate (70%+ cacao) ☐☐
- ☐ Greek yogurt cups, hard-boiled eggs ☐
- ☐ Seaweed crisps, veggie chips (baked) ☐☐

#### Herbs, Spices & Seasonings ☐☐

- ☐ Sea salt (light use), black pepper ☐
- ☐ Garlic powder, onion powder, paprika, cumin ☐☐
- ☐ Turmeric (anti-inflammatory), ginger, chili flakes ☐
- ☐ Cinnamon, nutmeg, cloves (metabolic boost) ☐☐
- ☐ Italian herbs, herbes de Provence, dill, rosemary ☐☐
- ☐ Everything bagel seasoning, smoked paprika ☐☐

#### Frozen & Refrigerated ☐☐

- ☐ Frozen berries, mango, spinach, broccoli ☐☐☐
- ☐ Frozen wild fish, shrimp, chicken ☐☐☐
- ☐ Frozen brown rice, quinoa, veggie blends ☐☐
- ☐ Low-sodium soups, smoothie packs, veggie burgers ☐☐
- ☐ Frozen herbs or garlic cubes for easy cooking ☐

#### Beverages & Hydration ☐☐

- ☐ Water (still or sparkling) ☐
- ☐ Herbal teas: green, chamomile, peppermint ☐☐
- ☐ Coffee (black or with minimal cream) ☐
- ☐ Electrolyte packets (low sugar) ☐
- ☐ Unsweetened almond, soy, oat, or coconut milk ☐☐
- ☐ Kombucha (low sugar, probiotic) ☐☐