

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 〇〇〇

- Extra-virgin olive oil (anti-inflammatory) 〇〇
- Avocado oil (great for high-heat cooking) 〇〇
- Coconut oil (MCTs, use moderately) 〇
- Ghee (clarified butter) 〇
- Nuts & seeds (almonds, chia, flax, walnuts, hemp) 〇〇〇
- Nut butters (natural, no hydrogenated oils) 〇〇〇
- Olives, avocado 〇〇〇

Whole Grains & Healthy Carbs 〇〇〇

- Oats (old-fashioned or steel-cut) 〇〇
- Quinoa, barley, bulgur, farro (fiber-rich) 〇〇
- Brown rice, wild rice 〇〇
- Whole-grain breads, sprouted breads, tortillas 〇〇
- Chickpea, lentil, or brown rice pasta 〇〇
- Sweet potatoes, winter squash, plantains 〇〇
- Corn tortillas, popcorn kernels (whole grain) 〇〇

Pantry Essentials 〇〇〇

- Canned tomatoes (no sugar added), tomato paste 〇
- Canned beans & lentils (low-sodium) 〇
- Tuna, salmon, sardines (omega-3s) 〇〇〇
- Nut flours: almond, coconut, oat, whole wheat 〇〇〇
- Low-sodium broth or stock cubes 〇〇
- Vinegars: apple cider, balsamic, red wine 〇〇
- Tahini, mustard, hot sauce, coconut aminos, salsa 〇〇〇
- Coconut milk (unsweetened, full or light) 〇〇〇

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) ☐☐