HEALTHY GROCERY LIST

Approximate macros per 100g included - Check off the foods you need

PROTEIN

[ ]	Chicken breast	23g P / 0g C / 1g F
[ ]	Fresh salmon	20g P / 0g C / 13g F
[ ]	Eggs (dozen)	13g P / 1g C / 11g F
[ ]	Canned tuna (in water)	26g P / 0g C / 1g F
[ ]	Lean beef	26g P / 0g C / 5g F
[ ]	Firm tofu	8g P / 2g C / 5g F

CARBOHYDRATES

[ ]	Brown rice	3g P / 77g C / 1g F
[ ]	Oats	13g P / 66g C / 7g F
[ ]	Sweet potato	2g P / 20g C / 0g F
[ ]	Whole wheat bread	9g P / 41g C / 3g F
[ ]	Whole wheat pasta	13g P / 65g C / 3g F
[ ]	Quinoa	14g P / 64g C / 6g F

HEALTHY FATS

[ ]	Extra virgin olive oil	0g P / 0g C / 100g F
[ ]	Avocado	2g P / 9g C / 15g F
[ ]	Mixed nuts	15g P / 22g C / 49g F
[ ]	Chia seeds	17g P / 42g C / 31g F

VEGETABLES

[ ]	Spinach	3g P / 4g C / 0g F
[ ]	Broccoli	3g P / 7g C / 0g F
[ ]	Tomatoes	1g P / 4g C / 0g F
[ ]	Bell peppers	1g P / 6g C / 0g F
[ ]	Onion	1g P / 9g C / 0g F
[ ]	Carrots	1g P / 10g C / 0g F

FRUIT

[ ]	Banana	1g P / 23g C / 0g F
[ ]	Apple	0g P / 14g C / 0g F
[ ]	Strawberries	1g P / 8g C / 0g F
[ ]	Blueberries	1g P / 14g C / 0g F

DAIRY AND ALTERNATIVES

[ ]	Plain Greek yogurt	10g P / 4g C / 5g F
[ ]	Fat-free quark	8g P / 4g C / 0g F
[ ]	2% milk	3g P / 5g C / 2g F
[ ]	Soy milk	3g P / 1g C / 2g F

OTHER / SPICES

[ ]	Honey	0g P / 82g C / 0g F
[ ]	Cinnamon	
[ ]	Turmeric	
[ ]	Salt and pepper	