

Make a Great Grocery List in Minutes

Having a well-planned grocery list gets you in and out of the store quickly and helps you stick to your healthy eating plan.



1. Bakery and Bread

- ☐ Whole wheat bread, pita pockets, and English muffins
- ☐ Whole-grain flour tortillas

2. Meat and Seafood

- ☐ Skinless chicken or turkey breasts
- ☐ Ground turkey or chicken
- ☐ Salmon, halibut, trout, mackerel, or your favorite seafood
- ☐ Reduced-sodium lunchmeat (turkey, roast beef)

3. Pasta and Rice

- ☐ Brown rice
- ☐ Whole wheat or whole-grain pasta

4. Oils, Sauces, Salad Dressings, and Condiments

- ☐ Tomato sauce

- ☐ Mustard
- ☐ Barbecue sauce
- ☐ Red-wine vinegar
- ☐ Salsa
- ☐ Extra virgin olive oil, canola oil, nonfat cooking spray
- ☐ Jarred capers and olives
- ☐ Hot pepper sauce

5. Cereals and Breakfast Foods

- ☐ Whole-grain or multigrain cereals
- ☐ Steel-cut or instant oatmeal
- ☐ Whole-grain cereal bars

6. Soups and Canned Goods

- ☐ Diced or whole peeled tomatoes
- ☐ Tuna or salmon packed in water
- ☐ Low-sodium soups and broths
- ☐ Black, kidney, soy, or garbanzo beans; lentils, split peas
- ☐ Diced green chilies

7. Frozen Foods

- ☐ Frozen vegetables: broccoli, spinach, peas, and carrots (no sauce)
- ☐ Frozen fruit: strawberries, raspberries, blueberries (without added sugar)
- ☐ Frozen shrimp
- ☐ Pre-portioned, low-fat ice cream or frozen yogurt
- ☐ Whole-grain waffles
- ☐ Whole-grain vegetable pizza

8. Dairy, Cheese, and Eggs

- ☐ Skim or low-fat milk or soymilk
- ☐ Fat-free or low-fat yogurt
- ☐ Fat-free or low-fat cottage cheese

- ☐ Low-fat cheese or string cheese snacks
- ☐ Eggs or egg substitutes
- ☐ Firm tofu
- ☐ Butter or spread (a variety that doesn't contain hydrogenated oils)

9. Snacks and Crackers

- ☐ Whole-grain crackers
- ☐ Dried fruit: apricots, figs, prunes, raisins, cranberries
- ☐ Nuts: almonds, cashews, walnuts, peanuts, pecans, pistachios (roasted and unsalted)
- ☐ Seeds: sunflower seeds, sesame seeds, whole or ground flaxseeds
- ☐ Peanut butter, almond, or soy butter
- ☐ Hummus
- ☐ Dark chocolate pieces

10. Produce

- ☐ Fruit: bananas, apples, oranges, mangoes, strawberries, blueberries
- ☐ Vegetables: sweet potatoes, baby spinach, broccoli, carrot sticks

Make and Share Free Checklists
checkli.com