

Healthy Grocery List

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Tailored to suit individual medical history, dietary preferences, and nutritional requirements, this template offers recommendations, nutritional significance, and room for personalized adjustments in each section, creating a comprehensive healthy grocery list.

Name: _____ Age: _____

Medical Background:

Allergies:

Dietary Restrictions:

Health Objectives:

FRUITS AND VEGETABLES

Fruits and Vegetables

- ☐ Leafy greens (e.g., spinach, kale)
- ☐ Colorful bell peppers
- ☐ Berries (e.g., strawberries, blueberries)
- ☐ Citrus fruits (e.g., oranges, grapefruits)
- ☐ Cruciferous vegetables (e.g., broccoli, cauliflower)

WHOLE GRAINS

Whole Grains

- ☐ Quinoa
- ☐ Brown bread
- ☐ Oats

LEAN PROTEINS

Lean Proteins

- ☐ Chicken breasts or thighs
- ☐ Fish (e.g., salmon, trout)
- ☐ Tofu or tempeh
- ☐ Legumes (e.g., lentils, chickpeas)

HEALTHY FATS

Healthy Fats

- ☐ Avocados
- ☐ Nuts and seeds

DAIRY AND ALTERNATIVES

Dairy and Alternatives

- ☐ Greek yogurt
- ☐ Almond milk or other non-dairy alternatives

MISCELLANEOUS

Miscellaneous

- ☐ Herbs and spices

Additional Notes/Personal Preferences: