



DASH Diet

Shopping List



Vegetables

- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Leafy greens (spinach, kale, lettuce)
- Bell peppers
- Tomatoes
- Zucchini
- Brussels sprouts
- Green beans
- Eggplant
- Onions

Meat and Fish

- Turkey breast
- Lean cuts of beef
- Lean cuts of pork
- Fish (salmon, trout, tuna)

Dairy and Eggs:

- Low-fat milk
- Greek yogurt
- Cottage cheese (low-fat)
- Eggs

Whole Grains

- Brown rice
- Quinoa
- Oats
- Barley
- Whole wheat bread
- Whole grain pasta
- Bulgur

Nuts and Seeds

- Almonds
- Walnuts
- Pistachios
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds

Fat and Oil

- Olive oil
- Avocado
- Canola oil

Fruit

- Apples
- Bananas
- Oranges
- Berries (strawberries, blueberries, raspberries)
- Grapefruits
- Grapes
- Kiwi
- Mango
- Melons (watermelon, cantaloupe)
- Peaches
- Pears
- Pineapples

Legumes

- Black beans
- Lentils
- Chickpeas
- Kidney beans
- Pinto beans



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

