

Healthy Grocery List

Meat

Skinless chicken/turkey breasts

Ground/minced turkey

Lean beef/pork

Low-fat ground/minced beef/pork

Fish

Oily fish

- Salmon
- Sardines
- Tuna
- Herring

Produce

Frozen vegetables

Carbs

Wholemeal/wholewheat pasta

Wholemeal/wholewheat bread

Brown rice

Buckwheat

Quinoa

Dairy

Skimmed (1%) milk

Almond milk

Soy milk

Oil & Fat

Linseed oil

Rapeseed oil

Olive oil

Oil infused margarine

Sweets

Carrot/Beetroot/Zucchini Cake

Frozen yogurt

Dark chocolate

Grapes (for freezing)

Snacks

Air-popped popcorn

Dried fruits, nuts, seeds

Fresh fruit

Drinks

Artificial sweetener

Soda water

Fruit juice

Fruit/herbal teas

