

# Grocery Ideas

**PICK 2-3 ITEMS FROM EACH GROUP EACH WEEK:**

## PROTEINS

Chicken thighs	Beans*
Ground turkey	Tofu*
Eggs*	Lentils*
Cheese	Nuts
Yogurt	Nut Butters*

## GRAINS

Oatmeal*	Bread
Cereal	Crackers
Rice	Pasta

## FRUITS

Apples*	Frozen Fruit
Oranges*	Dried Fruits
Bananas*	Canned Fruit*
Melon	Applesauce*
Berries	

## VEGETABLES

Carrots*	Frozen Veggies*
Celery*	Bagged Salads
Bell Peppers	Squash*
Cucumbers*	Broccoli
Tomatoes	Cauliflower

**PANTRY STAPLES TO KEEP ON HAND:**

## OILS

Olive oil  
Avocado oil  
Cooking spray

## SPICES

Salt	Dried Herbs
Pepper	
Garlic Powder	Low sodium seasoning blends
Onion Powder	
Cumin	



*\* Budget friendly items*