

# SAMPLE GROCERY LIST



This sample grocery list can help you make healthier choices when you shop. Add the quantity you need next to each item, and check if you have a coupon. Planning ahead will help you save time and money! Remember to compare labels and choose products with the lowest amount of sodium, added sugars and saturated fat and no trans fat that you can find in your store.

	Quantity	Coupon
<b>Fresh Vegetables</b>		
Asparagus		
Broccoli		
Carrot		
Cauliflower		
Celery		
Corn		
Cucumbers		
Lettuce/Greens		
Onions		
Peppers		
Potatoes		
Spinach		
Squash		
Sweet potatoes		
Tomatoes		
Zucchini		
<b>Fresh Fruits</b>		
Apples		
Avocados		
Bananas		
Berries		
Cherries		
Grapefruit		
Grapes		
Kiwis		
Lemons/Limes		
Melon		
Oranges		
Peaches		
Pears		
Plums		

	Quantity	Coupon
<b>Canned/Dry Beans</b>		
Black beans		
Chickpeas		
Kidney beans		
Lima beans		
Pinto beans		
White beans		
<b>Frozen Vegetables</b>		
Broccoli		
Cauliflower		
Corn		
Green beans		
Mixed vegetables		
Spinach		
<b>Frozen Fruits</b>		
Berries		
Cherries		
Mixed fruit		
Peaches		
<b>Canned Vegetables</b>		
Corn		
Green beans		
Mixed vegetables		
Peas		
Tomatoes		
Tomato paste/sauce		
Yams		

	Quantity	Coupon
<b>Canned/Jarred/ Dried Fruits</b>		
Apple sauce		
Apricots		
Dates		
Mixed fruit		
Oranges		
Peaches		
Pineapple		
Prunes		
Raisins		
<b>Whole Grains</b>		
Bread		
Brown rice		
Cereal		
Couscous		
Oatmeal		
Pasta		
Quinoa		
Tortillas		
<b>Fresh/Frozen Meat &amp; Seafood</b>		
Skinless poultry		
Lean meats		
Lunch meats		
Salmon		
White fish fillets		
<b>Canned/Pouched Meat &amp; Seafood</b>		
Chicken		
Salmon		
Tuna		
<b>Pantry Staples</b>		
Nut Butters (peanut, almond)		
Nuts (almonds, walnuts)		
Salsa		
Soups and broths		
Spaghetti sauce		

	Quantity	Coupon
<b>Cooking/Baking Essentials</b>		
Extra Virgin Olive Oil		
Flour (whole wheat)		
Non-stick cooking spray		
Vegetable/canola oil		
Vinegars		
<b>Herbs/Spices &amp; Seasonings</b>		
Basil		
Cilantro		
Garlic		
Mint		
Parsley		
Pepper (black, cayenne, red)		
Salt-free seasoning blend		
Thyme		
<b>Dairy (Low-fat/Fat-free)</b>		
Cheese		
Eggs/egg whites		
Milk		
Yogurt		
<b>Cleaning Supplies &amp; Miscellaneous</b>		