

Dr. Tina's Healthy Eating Grocery Shopping List

Store _____

Date _____

Proteins (proteins)

Animal proteins:

Cheese: hard, soft, cottage cheese, ricotta, parmesan cheese, eggs

Fish: salmon, cod, halibut, herring, mackerel, sardines, shrimp, tuna etc.
Fresh, frozen, canned, pre-prepared

Meat: cow's meat, buffalo, elk, lamb, venison, other wild game
Fresh, frozen, canned
Pre-prepared fresh, deli meat

Poultry: chicken, turkey, Cornish, Hen, duck, pheasant,
Fresh, frozen, canned
Pre-prepared fresh, deli meat

Plant protein: spirulina, tempeh, tofu

Protein powders: egg, hemp, pea, rice, soy whey, nuts

Nuts & Seeds (proteins/fats)

Almonds, Brazil nuts, Cashews, Chia seed, Coconut (dried), Flaxseed, Hazelnuts, Hemp seeds, Macadamias, Peanuts, Pecans, Pine nuts, Pistachios, Pumpkin seeds, Sesame seeds, Soy nuts, Sunflower seeds, Walnuts

Nut and seed butters: peanut, almond, mixed nut butters

Nut cheeses: almond, cashew

Vegetables - non-starchy (carbs)

Cruciferous: broccoli, brussel sprouts, bok choy, broccoflower, cauliflower, cabbage

Root: beet, carrot, kohlrabi, jicama, onion, garlic, shallot, turnip, leek, horseradish, radish

Nightshades: tomato, peppers, potato, eggplant

Fermented vegetables: (sauerkraut, kimchi etc.)

Greens: arugula, beet, chard, collards, dandelion, lettuce, microgreens, spinach, watercress, endive, escarole, kale radicchio, green beans

Mushrooms

Squash: delicata, pumpkin, spaghetti, yellow, zucchini

Other: sprouts, artichoke, bamboo shoots, cucumber, celery, celeriac, okra, peas, snow peas, scallions, water chestnuts, chives, cilantro, parsley, mint, fennel
Fresh, frozen, canned

Vegetable juices

Vegetables - starchy (carbs)

Potatoes: purple, red, sweet yellow, white, russet, yam

Squash: acorn, butternut, zucchini

Roots: parsnips, rutabaga,

Legumes: (proteins, carbs)

Beans, Lentils, Peas—
dried, canned or refrigerated
Soybeans, Edamame
Bean soups
Hummus or other bean dips
Refried beans

Beverages

Tea: green, black herbal, matcha, kombucha,

Coffee: regular, decaf, instant, whole bean, ground, Keurig

Water: filtered, coconut, sparkling
Vegetable juices - Fruit juices

Soda: sparkling, flavored, olipop

Fruits (carbs)

Tree fruit: apple, pear, persimmon, pomegranate

Citrus: orange, lemon, grapefruit, lime, lemon, tangerine, mandarin, kumquat

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Vines: Grapes

Tropical fruit: Banana, plantain, pineapple, kiwi, acai

Stone fruit: peach, nectarine, plum, pluot, cherries, dates, figs, apricot, papaya mango, prune, banana, plantain

Melon: honeydew, cantaloupe, watermelon, etc.

Berries: blue, raspberry, straw, black, cranberry, etc.

Dried fruit: raisins, cherries, figs, dates

Grains (carbs)

Gluten Free: amaranth, buckwheat, kasha, millet, oats, quinoa, teff, miracle noodle konjac noodle

Rice: basmati, black brown, purple, red wild

Crackers: nuts, rice, seed

Pastas: brown rice, quinoa, bean

Gluten grains: white bread, whole wheat bread, pasta, whole wheat pasta, crackers

FATs & OILs (fats)

Avocado

Butter: grass-fed, ghee, substitutes

Chocolate

Coconut cream

Margarine

Mayo, vegan mayo

Olives: black, green, Kalamata, etc.

Pesto

Salad dressing

Oils, cooking: EVOO, AVO, coconut, ghee, grass-fed butter, MCT oil, rice bran, sesame

Other oils: corn oil, safflower oil, palm oil

OILS, salad: almond, avocado, flaxseed, grape seed, hempseed, MCT, EVOO pumpkin, rice, bran, safflower, sesame, sunflower, walnut, pistachio

Dairy & alternative Milk's (Protein's & Carbs)

Cow's milk: whole, 1%, 2% skim

Other milk: Buttermilk, Kefir, Goat milk
Yogurt

Cheese: soft, semisoft, hard, cream

Non-dairy milk: almond, coconut, flax, hazelnut, oat, hemp, soy, rice

Non-dairy yogurt: coconut, soy, almond

Non-dairy vegan cheeses: hard, semisoft, spreadable

Condiments

Herb and spices

(Herbal antibacterials & antivirals)

Condiments: lemon, lime, miso, mustard, tamari, vinegar, coconut amino, vinegars, oils

Packaged foods

Cereals (carbs)

Magic Spoon low carb cereal

Crackers (carbs)

Snacks

Chips, nuts/seeds,

Sweets (carbs)

Chocolate, candy

Non-Food Items

Toilet paper, tissues, napkins, paper towels

Paper plates and plastic ware

Pet food

Cleaning supplies:

Kitchen

Bathroom

Floors

Bathroom: soap, shampoo, conditioner

Medicines: Tylenol, aspirin, ibuprofen

Sunscreen

Insect repellent