

Healthy Shopping List

(SAMPLE)

Organic Fresh Fruit		Meat (no hormones, steroids, antibiotics)	
	Apples		Beef
	Apricots		Chicken
	Avocados		Lamb
	Bananas		Turkey
	Blueberries	Unsalted Raw Nuts	
	Cantaloupe		Brazil
	Grapes		Cashews
	Grapefruit		Peanuts
	Lemons		Pecans
	Mandarins		Pine nuts
	Mango		Pistachio
	Oranges		Walnuts
	Peaches	Organic Dried Fruit (no sulfur or added sugar)	
	Pears		Apricots
	Pineapple		Dates
	Strawberries		Figs
	Watermelon		Mango
Organic Fresh Vegetables			Pears
	Bell pepper		Prunes
	Broccoli		Raisins
	Cabbage	Organic Grains	
	Carrots		Couscous
	Celery		Oats
	Corn		Quinoa
	Cucumber		Rice
	Garlic	Organic Oils (for salads & cooking)	
	Lettuce		Avocado oil
	Onions		Olive oil unrefined extra virgin
	Potatoes	Organic Dried Herbs	
	Spinach		Basil
	Squash		Bay leaves
	Tomatoes		Celery
	Zucchini		Cumin
Fish (not farm raised)			Garlic
	Cod		Oregano
	Haddock		Paprika
	Halibut		Pepper
	Salmon		Rosemary
	Snapper		Thyme
	Tuna		Turmeric

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Misc. Products		Personal Care	
	Almond butter (no salt or added sugar)		Band-Aids
	Applesauce (no added sugar)		Bath soap
	Cashew butter (no salt or added sugar)		Conditioner
	Coconut shredded (unsweetened)		Cotton swabs
	Honey (buy local)		Deodorant
	Jelly (sweetened with fruit juice)		Floss
	Peanut butter (no salt or added sugar)		Lip balm
	Popcorn (unsalted)		Liquid soap
	Salmon canned (no salt)		Lotion
	Sardines canned (no salt)		Shampoo
	Snack bars (organic no salt or added sugar)		Toothbrush
	Tuna canned (no salt)		Toothpaste
Bread (no salt or low salt)			Vitamins
	Corn tortillas		Wipes
	Flour tortillas	Household	
	Wraps		Air freshener
	Sprouted breads		Bleach
Refrigerated (organic)			Bottled drinking water
	Eggs (free range)		Dishwashing soap
	Milk		Fabric softener
	Orange juice (no added sugar)		Foil
	Yogurt plain (no added sugar)		Freezer bags
Organic Frozen Fruit & Vegetables			Hand sanitizer
	Blackberries		Hand soap
	Blueberries		Laundry detergent
	Broccoli		Napkins
	Brussel sprouts		Paper plates
	Cauliflower		Paper towels
	Cherries		Plastic wrap
	Corn kernels		Polish
	Corn on the cob		Tissues
	Green beans		Toilet paper
	Mango		Trash bags
	Mixed vegetables		
	Passionfruit		
	Pineapple		
	Strawberries		