

Healthy Grocery List

Basic College Edition

VEGETABLES

ASPARAGUS
BROCCOLI
BELL PEPPER
CUCUMBER
CARROTS
KALE
SNAP PEAS
GREEN BEANS
ZUCCHINI
CELERY

GRAINS

OATMEAL
PASTA
RICE
QUINOA
BREAD

FROZEN

BERRIES
MANGO (FRUIT OF CHOICE)
STIR FRY VEGGIES

PROTEIN

FISH
CHICKEN
TURKEY
LENTILS
TOFU
BEANS

SNACKS

PEANUT BUTTER
ALMOND BUTTER
NUTS
SEEDS
HUMMUS

FRUIT

APPLES
BANANAS
BERRIES
MANGO
MELON
GRAPES
ORANGES

Other...

