

# YOUR GROCERY LIST

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## Printable Weight Loss Grocery Checklist

This checklist is designed to help you make healthy choices at the grocery store, making it easier to prepare nutritious meals at home. Focus on whole foods and aim for a balance of protein, healthy fats, and complex carbohydrates.

**Directions:** Print this list and check off items as you add them to your cart. Stick to the perimeter of the store where the fresh, whole foods are typically located!

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### Produce Section (Fruits & Vegetables)

- **Leafy Greens:**
  - ☐ Spinach
  - ☐ Kale
  - ☐ Romaine Lettuce
  - ☐ Arugula
  - ☐ Mixed Greens
- **Cruciferous Vegetables:**
  - ☐ Broccoli
  - ☐ Cauliflower
  - ☐ Brussels Sprouts
- **Other Vegetables:**
  - ☐ Bell Peppers (all colors)
  - ☐ Cucumbers
  - ☐ Carrots
  - ☐ Celery
  - ☐ Onions
  - ☐ Garlic
  - ☐ Zucchini
  - ☐ Squash (Butternut, Acorn, etc.)
  - ☐ Tomatoes
  - ☐ Mushrooms
  - ☐ Sweet Potatoes
- **Fruits (Focus on lower-sugar options):**
  - ☐ Berries (Strawberries, Blueberries, Raspberries)
  - ☐ Apples
  - ☐ Pears
  - ☐ Oranges
  - ☐ Grapefruit
  - ☐ Bananas (in moderation)
  - ☐ Avocados (healthy fats)

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## Protein

- **Lean Meats & Poultry:**
  - ☐ Chicken Breast (boneless, skinless)
  - ☐ Turkey Breast (ground or deli meat)
  - ☐ Lean Ground Beef (90% lean or higher)
  - ☐ Lean Pork Chops
- **Fish & Seafood:**
  - ☐ Salmon (rich in Omega-3s)
  - ☐ Tuna
  - ☐ Cod
  - ☐ Shrimp
  - ☐ Tilapia
- **Plant-Based Protein:**
  - ☐ Tofu
  - ☐ Tempeh
  - ☐ Lentils (dry or canned)
  - ☐ Chickpeas (canned or dry)
  - ☐ Black Beans
  - ☐ Edamame
- **Eggs & Dairy:**
  - ☐ Eggs
  - ☐ Greek Yogurt (plain, unsweetened)
  - ☐ Cottage Cheese
  - ☐ Milk (almond, soy, oat, or dairy)

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## Healthy Fats

- ☐ Olive Oil (for cooking and dressings)
- ☐ Coconut Oil
- ☐ Nuts (Almonds, Walnuts, Pecans)
- ☐ Seeds (Chia, Flax, Hemp, Pumpkin)
- ☐ Natural Nut Butter (Almond, Peanut, no added sugar)

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## Complex Carbohydrates & Grains

- ☐ Oats (rolled or steel-cut)
- ☐ Quinoa
- ☐ Brown Rice
- ☐ Whole Wheat Pasta

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- ☐ Whole Wheat or Sprouted Grain Bread
- ☐ Legumes (see Plant-Based Protein section)

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## Pantry & Other Items

- **Herbs & Spices:**
  - ☐ Black Pepper
  - ☐ Cumin
  - ☐ Turmeric
  - ☐ Cinnamon
  - ☐ Dried Oregano, Basil, Thyme
- **Condiments & Dressings:**
  - ☐ Apple Cider Vinegar
  - ☐ Mustard
  - ☐ Salsa
  - ☐ Low-Sodium Soy Sauce or Tamari
  - ☐ Hummus
- **Beverages:**
  - ☐ Water (always!)
  - ☐ Green Tea
  - ☐ Herbal Tea
  - ☐ Coffee (black)
- **Frozen Foods:**
  - ☐ Frozen Fruits (for smoothies)
  - ☐ Frozen Vegetables (great for quick meals)
- **Canned Goods:**
  - ☐ Canned Tuna or Salmon
  - ☐ Low-Sodium Broth
  - ☐ Canned Tomatoes

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## Quick Tips for a Successful Shopping Trip

- **Never shop on an empty stomach.** You'll be more likely to make impulse purchases.
- **Plan your meals for the week** before you go to the store. This list can help you shop for what you need.
- **Read ingredient labels.** Look for items with the fewest ingredients and no added sugars or high-fructose corn syrup.
- **Hydrate!** Carry a water bottle with you while you shop.
- **Stick to your list.** Avoid the inner aisles where processed snacks and junk foods are usually located.

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