

7-Day Healthy Eating Plan Grocery List

FRESH PRODUCE

- ☐ 1 pt of strawberries
- ☐ 3 tomatoes
- ☐ 1 bag of spinach
- ☐ 2 avocados
- ☐ 3 sweet potatoes
- ☐ 1 bag of lettuce
- ☐ 1 bag of mixed greens
- ☐ 2 bananas
- ☐ 2 cucumbers
- ☐ 2 carrots
- ☐ 1 garlic
- ☐ 2 potatoes
- ☐ 1 head of broccoli
- ☐ 1 red onion
- ☐ 1 bunch of asparagus

MEAT & FISH

- ☐ 12 oz. salmon
- ☐ 12 oz. chicken
- ☐ 9 oz. frozen shrimp
- ☐ 1 lb. boneless frozen turkey (or turkey lunchmeat)

DAIRY

- ☐ 2 cups of Greek yogurt
- ☐ 6 eggs

GRAINS & BREAD

- ☐ 1 bag of old-fashioned oats
- ☐ 1 loaf of whole wheat bread
- ☐ 1 box of dried pasta of your choice

DRIED & CANNED GOODS

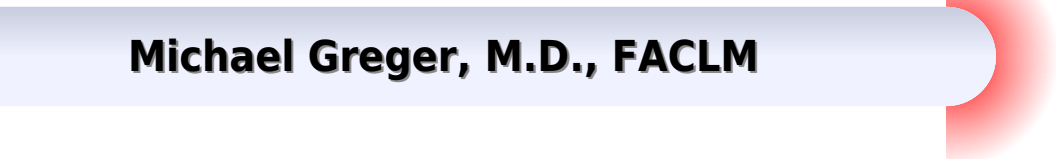
- ☐ 1 small bag of sliced almonds
- ☐ 2 cans of tuna

CONDIMENTS

- ☐ 1 small container of mayo or olive oil
- ☐ Vinegar
- ☐ No sugar-added peanut butter

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Michael Greger, M.D., FACLM



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