



GROCERY GUIDE

Grocery guide is a simple way for you to set up your very own grocery list by category.

These categories have you purchasing components to build balanced meals all week long!

HOW TO

BUILD A GROCERY LIST

STEP ONE

KNOW WHAT WORKS BEST FOR YOU.

Take a look at your lifestyle, your day to day schedule, the time you are willing and able to give surrounding meals.

How much time do you have?

What do your finances look like for food?

How many people are you shopping for?

STEP TWO

YOUR FOOD PREFERENCES.

How do you like foods cooked?

Grilled, steamed, stovetop, oven roasted, microwave?

What works for your wallet and time?

Canned, frozen, fresh, already prepared. You choose!

STEP THREE

PLAN A PLATE

A balanced plate should contain at least two of the following or more: Protein, Carbohydrates (grains), and Color (fruits and/or vegetables).

What you feel like eating? Craving anything in specific? Find a recipe to try? create a grocery list based on each category so you can mix & match later!

GROCERY LIST IDEAS

An extensive list of foods for each category to give you ideas

FRUIT (COLOR)

- apples
- bananas
- berries
- mangos
- canned peaches
- canned pears
- frozen pineapple
- frozen mixed berries
- grapes
- cherries

GRAINS

- oats
- bread
- rice
- quinoa/couscous
- potato/ sweet potato
- pasta
- chickpea pasta (GF)
- croissants
- tortilla
- pizza crust/ flatbread

VEGETABLES (COLOR)

- asparagus
- broccoli
- cauliflower
- shredded carrots
- onions
- celery
- canned corn
- lettuce
- frozen spinach
- cucumber

PROTEIN

- chicken(rotisserie/raw)
- beef/ steak
- ground turkey
- italian sausage
- pork loin
- frozen salmon filet
- eggs
- cheese
- milk/ yogurt
- nuts/ nut butters

SEASONINGS/ DRESSINGS

- butter/ olive oil
- hot sauce
- ranch dressing

SNACKS

- yogurt
- nuts
- chips/ cookies

YOUR GROCERY LIST

Create your own by choosing 3-5 options for each category.

FRUIT (COLOR)

- _____
- _____
- _____
- _____
- _____
- _____

GRAINS

- _____
- _____
- _____
- _____
- _____
- _____

VEGETABLES (COLOR)

- _____
- _____
- _____
- _____
- _____
- _____

PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____

SEASONINGS/ DRESSINGS

- _____
- _____
- _____
- _____

SNACKS

- _____
- _____
- _____
- _____
- _____
- _____

EXTRAS

- _____
- _____
- _____

MY GROCERY LIST

Let me show you what my grocery list looks like as a dietitian!

FRUIT (COLOR)

- apples _____
- bananas _____
- blueberries _____
- grapes _____
- canned pears _____
- _____

GRAINS

- uncle bens rice _____
- yellow potatoes _____
- quick oats _____
- white pasta _____
- banza mac & cheese _____
- italian bread _____

VEGETABLES (COLOR)

- Butter lettuce _____
- shredded carrots _____
- broccoli _____
- bell peppers _____
- onions _____
- spinach (to use or freeze) _____

PROTEIN

- rotisserie chicken _____
- chicken breasts _____
- ground turkey _____
- salmon filets _____
- peanut butter _____
- _____

SEASONINGS/ DRESSINGS

- italian dressing _____
- ranch dressing _____
- mayo _____
- garlic/ onion powder _____

SNACKS

- pistachios _____
- cashews _____
- yogurt _____
- oreos _____
- chocolate _____
- pretzels & bison dip _____

EXTRAS

- freezer bags _____
- cranberry juice _____
- arnold palmer tea _____