

Healthy Essential Grocery List



Pantry

- ◯ 100% natural peanut butter
- ◯ Brown rice
- ◯ Basalmic vinegar
- ◯ Canned food
- ◯ Chopped carrots
- ◯ Chopped tomatoes
- ◯ Peas
- ◯ Sweetcorn
- ◯ Tuna
- ◯ Cornflour
- ◯ Green tea
- ◯ Honey
- ◯ Legumes
- ◯ Black-eyed beans
- ◯ Chickpeas
- ◯ Red kidney beans
- ◯ White beans
- ◯ Low-salt broth cubes
- ◯ Low-salt soy sauce
- ◯ Mustard
- ◯ Oatmeal
- ◯ Passata
- ◯ Noodles
- ◯ Sparkling water
- ◯ Sugar-free breakfast cereal
- ◯ Sun-dried tomatoes
- ◯ Unsalted nuts
- ◯ Cashews
- ◯ Hazelnuts
- ◯ Peanuts
- ◯ Pistachios
- ◯ Walnuts
- ◯ Wholegrain bread

Wholegrain crackers

- ◯ Wholewheat couscous
- ◯ Wholewheat pasta
- ◯ Lasagne sheets
- ◯ Penne
- ◯ Spaghetti
- ◯ Wholewheat tortillas/wraps

Oil

- ◯ Linseed oil
- ◯ Olive oil
- ◯ Sunflower oil
- ◯ Rapeseed oil

Refrigerator

- ◯ Cottage cheese
- ◯ Eggs
- ◯ Fruit
- ◯ Apples
- ◯ Bananas
- ◯ Lemons
- ◯ Seasonal fruit
- ◯ Greek yogurt
- ◯ Skimmed milk
- ◯ Vegetables
- ◯ Bell peppers
- ◯ Carrots
- ◯ Garlic
- ◯ Lettuce
- ◯ Onions
- ◯ Tomatoes

Freezer

- ◯ Fruit
- ◯ Forest fruit mix
- ◯ Mangoes
- ◯ Meat
- ◯ Chicken fillets
- ◯ Ground turkey
- ◯ Lean beef steak
- ◯ Oily fish
- ◯ Mackerel
- ◯ Salmon
- ◯ Sardines
- ◯ Tuna
- ◯ Shrimp
- ◯ Vegetables
- ◯ Cauliflower
- ◯ Green beans
- ◯ Potato slices
- ◯ Peas
- ◯ Stir-fry mix

Herbs and Spices

- ◯ Bay leaves
- ◯ Basil
- ◯ Chilli
- ◯ Cinnamon
- ◯ Cumin
- ◯ Ginger
- ◯ Oregano
- ◯ Paprika
- ◯ Pepper
- ◯ Pink Himalayan salt
- ◯ Rosemary
- ◯ Thyme

Listonic

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