

Healthy grocery list



Meat

- ◯ Skinless chicken/turkey breasts
- ◯ Ground/minced turkey
- ◯ Lean beef/pork
- ◯ Low-fat ground/minced beef/pork

Fish

- ◯ Salmon
- ◯ Sardines
- ◯ Tuna
- ◯ Herring

Produce

- ◯ Frozen vegetables

Carbs

- ◯ Wholemeal/wholewheat pasta
- ◯ Wholemeal/wholewheat bread
- ◯ Brown rice
- ◯ Buckwheat
- ◯ Quinoa

Dairy

- ◯ Skimmed (1%) milk
- ◯ Almond milk
- ◯ Soy milk

Oil & Fat

- ◯ Linseed oil
- ◯ Rapeseed oil
- ◯ Olive oil
- ◯ Oil infused margarine

Sweets

- ◯ Carrot/Beetroot/Zucchini Cake
- ◯ Frozen yogurt
- ◯ Dark chocolate
- ◯ Grapes (for freezing)

Snacks

- ◯ Air-popped popcorn
- ◯ Dried fruits, nuts, seeds
- ◯ Fresh fruit

Drinks

- ◯ Artificial sweetener
- ◯ Soda water
- ◯ Fruit juice
- ◯ Fruit/herbal teas

Listonic

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