

healthygirl
KITCHEN™

The Healthy
Grocery
Shopping
Guide



Fresh Produce

Vegetables: Prioritize seasonal and local veggies. Some must-haves include:

- Leafy greens: Spinach, kale, romaine, arugula, chard
- Cruciferous: Broccoli, cauliflower, Brussels sprouts, cabbage
- Root vegetables: Carrots, beets, potatoes, sweet potatoes, onions, garlic
- Tomatoes, bell peppers, zucchini, eggplant, and mushrooms
- Cucumbers, celery, and green beans

Fruits: Depending on the season, look for:

- Berries: Strawberries, blueberries, raspberries, blackberries
- Tropical fruits: Bananas, mangoes, pineapples, avocados
- Citrus: Oranges, lemons, limes, grapefruits
- Apples, pears, grapes, kiwi
- Stone fruits: Peaches, plums, cherries, apricots

Grains and Cereals

- Quinoa: A protein-rich grain that's also gluten-free.
- Brown, black, and wild rice
- Oats: Perfect for breakfast and baking.
- Pasta: Look for whole grain or legume-based varieties.
- Millet, barley, and bulgur
- Bread: Opt for whole-grain, sourdough, or sprouted varieties.

Legumes

- Beans: Black beans, chickpeas, kidney beans, pinto beans (canned or dried)
- Lentils: Green, brown, red, and black
- Peas: Green peas, split peas, and snow peas
- Soy products: Tofu, tempeh, and edamame

Nuts and Seeds

- Nuts: Almonds, walnuts, cashews, pecans, Brazil nuts
- Seeds: Chia seeds, flaxseeds, pumpkin seeds, sunflower seeds, hemp seeds
- Nut butters: Peanut butter, almond butter, cashew butter

Dairy Alternatives

- Milks: Almond, soy, oat, coconut, cashew, rice
- Yogurts: Coconut, almond, and soy varieties
- Vegan cheeses: Look for cashew-based or other dairy-free alternatives.
- Vegan butter

Oils and Fats

- Olive oil: A staple for dressings and low-heat cooking.
- Coconut oil: For baking and high-heat cooking.
- Avocado oil: Great for high-heat cooking.
- Flaxseed oil: Perfect for dressings (not suitable for cooking).

Baking Essentials

- Flour: Whole wheat, almond, oat, coconut, chickpea
- Sweeteners: Maple syrup, agave nectar, date syrup, coconut sugar
- Baking powder and baking soda
- Cocoa or cacao powder
- Vegan chocolate chips

Condiments and Sauces

- Nutritional yeast: Provides a cheesy flavor.
- Soy sauce or tamari
- Vinegars: Apple cider, balsamic, rice, and red or white wine
- Mustard, ketchup, vegan mayo
- Salsa, hot sauce, and BBQ sauce
- Spices and herbs: Stock a range, both for cooking and health benefits.

Snacks and Extras

- Popcorn kernels
- Rice cakes
- Dried fruits: Raisins, apricots, dates, figs
- Vegan jerky
- Seaweed snacks