



## Healthy Shopping Checklist

The first step to cooking healthfully is to stock your kitchen with a variety of nutritious foods! Use this handy and informative healthy shopping checklist as a start. Fill in the blanks with ingredients you like to keep on hand as part of a nutritious diet. This is a great reference to help you plan quick and easy shopping trips!

<p style="text-align: center;"><b>Grains</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> brown rice</li><li><input type="checkbox"/> barley</li><li><input type="checkbox"/> quinoa</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p style="text-align: center;"><b>Beans and Nuts</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> aduki beans</li><li><input type="checkbox"/> lentils</li><li><input type="checkbox"/> almonds</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p style="text-align: center;"><b>Vegetables</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> leafy greens</li><li><input type="checkbox"/> broccoli</li><li><input type="checkbox"/> mushrooms</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<p style="text-align: center;"><b>Condiments</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> tamari</li><li><input type="checkbox"/> olive oil</li><li><input type="checkbox"/> apple cider vinegar</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p style="text-align: center;"><b>Snacks</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> pumpkin seeds</li><li><input type="checkbox"/> goji berries</li><li><input type="checkbox"/> almond butter</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p style="text-align: center;"><b>Spices</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> sea salt</li><li><input type="checkbox"/> turmeric</li><li><input type="checkbox"/> thyme</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<p style="text-align: center;"><b>Fruit</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> apples</li><li><input type="checkbox"/> berries</li><li><input type="checkbox"/> grapefruit</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p style="text-align: center;"><b>Sweeteners</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> brown rice syrup</li><li><input type="checkbox"/> raw honey</li><li><input type="checkbox"/> agave nectar</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p style="text-align: center;"><b>Beverages</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> coconut water</li><li><input type="checkbox"/> spring water</li><li><input type="checkbox"/> herbal tea</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>