

Produce

(Fresh, Frozen, or Canned)

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Frozen fruit (berries, mango, pineapple)
- ☐ Canned fruit in 100% juice
- ☐ Leafy greens (spinach, kale, romaine)
- ☐ Broccoli
- ☐ Bell peppers
- ☐ Carrots | baby carrots
- ☐ Celery
- ☐ Tomatoes
- ☐ Onions
- ☐ Garlic
- ☐ Potatoes | sweet potatoes
- ☐ Frozen vegetables (mixed, peas, corn, green beans)
- ☐ Canned vegetables (low-sodium)

Plant-Based Proteins

- ☐ Tofu | tempeh
- ☐ Lentils (dried or canned)
- ☐ Canned beans (black beans, chickpeas, kidney beans)
- ☐ Mixed nuts (unsalted)
- ☐ Roasted chickpeas
- ☐ Nut butters: peanut butter | almond butter | sunflower seed butter
- ☐ Greek-style plant-based yogurt (for protein-rich dairy alternative)

Whole Grains & Bread

- ☐ Whole Grains & Bread
- ☐ Whole-grain bread | tortillas
- ☐ Whole-grain pasta
- ☐ Brown rice
- ☐ Quinoa
- ☐ Oats | oatmeal
- ☐ Rice cakes
- ☐ Whole-grain crackers

Healthy Fats

- ☐ Avocados
- ☐ Olive oil
- ☐ Flaxseeds or chia seeds
- ☐ Hemp seeds
- ☐ Walnuts
- ☐ Tahini
- ☐ Avocado oil

Snacks & Convenience Items

- ☐ Popcorn kernels
- ☐ Whole-grain crackers
- ☐ Fruit cups (in 100% juice)
- ☐ Hummus
- ☐ Celery sticks
- ☐ Nut butter packets (almond, peanut, or sunflower)
- ☐ Greek yogurt cups or tubes (plant-based)
- ☐ Mixed nuts or trail mix (unsalted)
- ☐ Rice cakes
- ☐ Cottage cheese cups (vegan alternatives)
- ☐ Dried fruit (unsweetened)
- ☐ String cheese or cheese slices (vegan alternatives if desired)

