



CHOMP SHOPPER

HEALTHY GROCERY LIST

For beginners: 5–7 days of balanced meals for 1–2 people.

FREE PRINTABLE

WEEK OF _____

STORE _____

PRODUCE

- | | |
|---|------------------|
| ☐ Baby spinach or mixed greens | 5 oz bag |
| ☐ Kale | 1 bunch |
| ☐ Broccoli | 1 to 2 heads |
| ☐ Sweet potatoes | 2 lbs |
| ☐ Bell peppers | 3 (mixed colors) |
| ☐ Avocados | 2 ripe |
| ☐ Blueberries | 1 pint |
| ☐ Strawberries | 1 lb |
| ☐ Apples | 4 |
| ☐ Lemons | 3 |
| ☐ Cucumber | 1 |
| ☐ Cherry tomatoes | 1 pint |
| ☐ Broccoli or brussels sprouts | 1 bag |
| ☐ Firm tofu | 14 oz block |

MEAT & SEAFOOD

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|---|-------|
| ☐ Chicken breast | 2 lbs |
|---|-------|

DAIRY & EGGS

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|---|-----------------|
| ☐ Eggs | 12-count carton |
| ☐ Plain Greek yogurt | 32 oz |
| ☐ Unsweetened almond or oat milk | ½ gallon |
| ☐ Feta cheese (for salads) | 4 oz |

PANTRY & SPICES

- | | |
|---|-------|
| ☐ Brown rice | 2 lbs |
| ☐ Quinoa | 1 lb |
| ☐ Rolled oats | 18 oz |
| ☐ Unsalted mixed nuts | 8 oz |
| ☐ Sunflower or pumpkin seeds | 4 oz |

BAKERY

- | | |
|--|--------|
| ☐ Whole grain or sprouted bread | 1 loaf |
|--|--------|

FROZEN

- | | |
|---|------|
| ☐ Salmon fillets (fresh or frozen) | 1 lb |
|---|------|

CANNED & JARRED

- | | |
|---|--------|
| ☐ Canned wild-caught salmon | 2 cans |
| ☐ Canned chickpeas | 2 cans |
| ☐ Canned black beans | 2 cans |
| ☐ Diced tomatoes (no salt added) | 2 cans |

EASY HEALTHY SWAPS

Rolled oats	OVER ~~granola bars~~
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Chicken breast	OVER ~~nuggets~~
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Plain Greek yogurt	OVER ~~sour cream~~
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Whole grain bread	OVER ~~white bread~~
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Brown rice	OVER ~~white rice~~
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HEALTHY PANTRY STAPLES TO KEEP STOCKED

Most last months in a cool, dry place. Restock as needed.

- | | | |
|---|---|--|
| ☐ Extra-virgin olive oil | ☐ Quinoa | ☐ Brown rice |
| ☐ Rolled oats | ☐ Chia seeds | ☐ Flaxseeds |
| ☐ Canned chickpeas | ☐ Canned black beans | ☐ Almond or natural peanut butter |
| ☐ Low-sodium soy sauce or tamari | ☐ Apple cider vinegar | ☐ Dried oregano, cumin, turmeric |
| ☐ Honey or pure maple syrup | ☐ Nutritional yeast (optional) | |

TIPS FOR HEALTHY GROCERY SHOPPING

Half your plate is veg

Buy more than you think. Use them in salads, stir-fries, soups and sides.

Don't skip healthy fats

Avocado, olive oil, nuts and salmon keep you full.

Favor whole foods

The fewer ingredients on the label, the better.

Choose whole grains

More fiber and nutrients, and slower digestion.

Prep produce at home

Wash, dry and chop right away so it's easy to grab.

Use plain Greek yogurt

A high-protein base for dips, smoothies and swaps.

Scale quantities up for larger households.