



CHOMP SHOPPER

HEART-HEALTHY GROCERY LIST

FISH TWICE A WEEK

ABOUT 7 DAYS

2 ADULTS

FREE PRINTABLE

WEEK OF _____

PRODUCE

15

- ☐ Baby spinach 2 bags (5 oz)
- ☐ Romaine hearts pack of 3
- ☐ Broccoli 2 heads
- ☐ Carrots 2 lb bag
- ☐ Bell peppers 3
- ☐ Tomatoes 4
- ☐ Onions 2
- ☐ Garlic 1 head
- ☐ Sweet potatoes 4
- ☐ Avocados 2
- ☐ Bananas 1 bunch
- ☐ Apples 4
- ☐ Berries 2 containers
- ☐ Lemons 3
- ☐ Firm tofu 14 oz

MEAT & SEAFOOD

3

- ☐ Salmon fillets 1 lb
- ☐ Trout or cod fillets 1 lb
- ☐ Skinless chicken breast 2 lbs

DAIRY & EGGS

3

- ☐ Eggs 1 dozen
- ☐ Plain low-fat Greek yogurt 32 oz
- ☐ Low-fat milk ½ gallon

BAKERY

1

- ☐ Whole-wheat bread 1 loaf

FROZEN

2

- ☐ Mixed veg (no sauce) 2 bags
- ☐ Frozen berries 1 bag

PANTRY

7

- ☐ Old-fashioned rolled oats 18 oz
- ☐ Brown rice 2 lb bag
- ☐ Whole-wheat pasta 1 lb
- ☐ Dried lentils 1 lb
- ☐ Low-sodium veg broth 32 oz
- ☐ Unsalted almonds or walnuts 8 oz
- ☐ Extra-virgin olive oil 1 bottle

CANNED & JARRED

2

- ☐ No-salt-added black beans 2 cans
- ☐ No-salt-added tomatoes 2 cans

LIMIT

Processed meats (bacon, ham, hot dogs, deli)
Salty packaged foods, soups and sauces
Sugary drinks and sweets
Butter, lard, coconut or palm oil
Fried foods and ultra-processed snacks

EASY SWAPS

- ~~Butter~~ → Olive or canola oil
- ~~Extra salt~~ → Lemon, vinegar, garlic, herbs
- ~~Deli meat~~ → Sliced roasted chicken
- ~~Flavored oats~~ → Plain oats, your own toppings
- ~~White bread~~ → Whole-wheat bread

HEART-HEALTHY PANTRY STAPLES

- ☐ Plain rolled oats
- ☐ Whole-wheat pasta
- ☐ Canola oil (high heat)
- ☐ Low-sodium broth
- ☐ Ground flax or chia seeds
- ☐ Salt-free seasoning blend
- ☐ Canned salmon or tuna
- ☐ Brown rice or quinoa
- ☐ Extra-virgin olive oil
- ☐ Balsamic or red wine vinegar
- ☐ Unsalted almonds or walnuts
- ☐ Natural peanut butter
- ☐ No-salt-added beans

SHOPPING TIPS

- 1 Use %DV as a shortcut**
5% or less per serving is low, 20% or more is high.
- 2 Watch the sodium**
DASH: 2,300 mg a day, or 1,500 mg for more effect.
- 3 Buy "no salt added"**
Rinsing regular canned beans removes some salt.
- 4 Frozen fish counts**
Often cheaper than fresh. Canned salmon counts too.
- 5 Don't cut all fat**
Olive oil, nuts, avocado and fish are good fats.
- 6 Swap gradually**
Change a few items each week, not the whole cart.