



LIZ'S HEALTHY TABLE SUPERMARKET SHOPPING LIST

Don't forget your REUSABLE BAGS

PRODUCE 🥬

Apples	Cole Slaw/Broccoli Slaw	Melon
Asparagus	Cucumbers	Mushrooms
Avocado	Grapes	Onions/Garlic
Bananas	Green Beans	Oranges/Grapefruit
Bell Peppers	Greens: Kale, Spinach, Swiss Chard	Pears/Peaches
Berries	Kiwifruit	Potatoes/Sweet Potatoes
Broccoli	Herbs	Squash
Brussels Sprouts	Lemons/Limes	Tomatoes
Carrots	Lettuce	Zucchini
Cauliflower	Mango	

FROZEN FOODS 🍷

Berries	Garlic, minced	Shrimp
Broccoli	Ice Cream/Frozen Yogurt	Spinach
Cauliflower	Mangos	Sweet Potato Fries
Chicken Nuggets, all natural	Peas	Vegetables, mixed
Corn Kernels	Potatoes, hash browns	Waffles, whole grain
Edamame	Ravioli/Tortellini	Winter Squash
Fish Sticks	Sausage, low-fat breakfast	

CANNED FOODS 🥫

Beans: Black/Pinto/Cannellini	Pumpkin	Soup
Chickpeas	Refried Beans	Tomato Sauce
Corn	Salmon, boneless, skinless	Tomatoes, crushed, diced
Pears/Peaches/Pineapple	Shrimp/Sardines/Crab	Tuna

DAIRY PRODUCTS 🥛

Butter/Spreads	Grated Parmesan Cheese	Shredded Reduced-Fat Cheddar
Cheese Sticks	Meat-free Grounds	Tofu
Cottage Cheese	Milk: Cow, Soy, Coconut, Almond	Yogurt
Cream Cheese	Orange Juice	
Eggs, omega-3	Shredded Part-Skim Mozzarella	



Eat, Drink, Live Longer

©2017 LIZ'S HEALTHY TABLE · LIZSHEALTHYTABLE.COM

GRAINS

Bread Crumbs
Bread, whole wheat
Breakfast Cereal
Bulgur/Barley/Couscous/Farro

English Muffins, whole-grain
Flour Tortillas
Oats
Pasta, whole wheat

Quinoa
Rice
Taco Shells

MEAT

Beef
Chicken
Deli Meats & Cheeses

Ground Beef, lean
Ground Turkey, lean
Pork

Seafood

CONDIMENTS & OILS

Agave Nectar
Barbecue Sauce
Honey
Ketchup

Lite Soy Sauce/Teriyaki
Mayonnaise
Mustard
Nonstick cooking spray

Olive Oil/Cooking Oil
Salad Dressing
Salsa
Vinegar

BAKING

Baking Powder
Baking Soda
Cocoa Powder
Coconut Oil
Cornstarch
Flaxseed, ground

Flour, all-purpose
Flour, whole wheat
Gluten-Free Baking Mix/Flour
Mini Semi-Sweet Chocolate Chips
Pumpkin Seeds
Nuts

Raisins/Dried Fruit
Sugar, granulated/brown
Sunflower Seeds
Wheat Germ

HOUSEHOLD

Aluminum Foil
Bathroom Tissue
Cleaning Supplies
Dishwasher Detergent

Facial Tissues
Laundry Detergent
Napkins
Paper Towels

Plastic Wrap
Sandwich Bags



Eat, Drink, Live Longer

©2017 LIZ'S HEALTHY TABLE · LIZSHEALTHYTABLE.COM