Grocery List

Note: When possible, choose organic and less processed foods with little or no additives.

Produce
- Seasonal vegetable
- Leafy Greens (Kale and spinach)
- Broccoli
- Carrots
- Celery
- Avocado
- Garlic
- Ginger
- Cauliflower
- Cucumber
- Zucchini
- Onion
- Mushrooms
- Artichokes
- Tomatoes
- Bell peppers (Green, yellow & red)
- Seasonal fruit
- Pears
- Apples
- Berries

Bulk Grains
- Oatmeal (Steel-cut)
- Nuts (Unsalted)
- Seeds (Flax and Chia)
- Granola (No sugars added)
- Brown rice
- Quinoa, Barley, Lentils
- Couscous
- Brewer’s Yeast

Refrigerator
- Hummus Use as dip or spread
- Eggs
- Plain Yogurt
- Sliced Turkey (No nitrates added)
- Meat (Optional)
- Fish
- Beans
- Canned Tuna
- Tofu
- Soy milk/milk

Center Aisles
- Tortillas/Pita
- Whole Grain Breads
- Rice Cakes (no added sugars)
- Peanut or almond butter (no added sugars or Natural)
- Olive Oil
- Items with NO added sugar and nitrates
- Spices, Seasoning & Herbs

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