

PRINTABLE LIST

Healthy grocery list for the week

Tick what you need, write in the rest. Built around whole foods, grouped the way most stores are laid out.

NAME

WEEK OF

COACH

PROTEIN / DAY	VEGETABLES	FRUIT	WHOLE GRAINS	DAIRY
1.2 to 1.6 g/kg	3 servings	2 servings	2 to 4 servings	3 servings

Protein

Daily goal: 1.2 to 1.6 g per kg of body weight

- ☐ Eggs
- ☐ Chicken breast or thigh
- ☐ Turkey
- ☐ Lean beef or pork
- ☐ Salmon or other fish
- ☐ Canned tuna or sardines
- ☐ Tofu or tempeh
- ☐ Dried or canned beans
- ☐ Lentils or chickpeas
- ☐
- ☐

Fruit

Daily goal: 2 servings

- ☐ Berries
- ☐ Apples or pears
- ☐ Bananas
- ☐ Oranges or mandarins
- ☐ Lemons or limes
- ☐ Frozen fruit, no added sugar
- ☐ Fresh seasonal fruit
- ☐
- ☐

Vegetables

Daily goal: 3 servings

- ☐ Leafy greens
- ☐ Broccoli or cauliflower
- ☐ Peppers
- ☐ Carrots
- ☐ Tomatoes
- ☐ Cucumber or zucchini
- ☐ Onions and garlic
- ☐ Mushrooms
- ☐ Frozen vegetables
- ☐
- ☐

Whole grains and starches

Daily goal: 2 to 4 servings

- ☐ Oats
- ☐ Brown rice
- ☐ Whole wheat pasta
- ☐ Whole grain bread
- ☐ Quinoa
- ☐ Potatoes or sweet potatoes
- ☐ Whole grain wraps
- ☐
- ☐

Dairy and alternatives

Daily goal: 3 servings

- | | | | |
|---------------------------------------|---|---|---------------------------------|
| ☐ Plain yogurt | ☐ Milk or unsweetened soy milk | ☐ Cottage cheese | ☐ Cheese |
| ☐ Kefir | ☐ | ☐ | |

Daily goals are from the Dietary Guidelines for Americans, 2025 to 2030: vegetables, fruit and dairy for a 2,000 calorie pattern, protein per kg of body weight. Adjust for your own needs and your coach's plan.

🔥 Healthy fats

From whole foods

- ☐ Olive oil
- ☐ Avocados
- ☐ Nuts
- ☐ Seeds
- ☐ Nut butter, no added sugar
- ☐ Olives
- ☐
- ☐

🛒 Pantry and flavor

- ☐ Canned tomatoes
- ☐ Low sodium stock
- ☐ Herbs and spices
- ☐ Vinegar
- ☐ Mustard
- ☐ Salsa
- ☐ Salt, for cooking only
- ☐
- ☐

🔥 Drinks

- ☐ Water
- ☐ Sparkling water
- ☐ Tea
- ☐ Coffee
- ☐ Unsweetened drinks
- ☐
- ☐

% Quick label check

10 g

Added sugars, one meal at most

2,300 mg

Sodium a day, ages 14 and up

10%

Saturated fat, share of daily calories

25 g

Fiber a day, at least, over age 10

Frozen, dried or canned vegetables and fruit with no or very limited added sugars are also good options. Look for "sugar", "syrup" or words ending in "-ose" in the ingredient list.

Shopping tips

Shop the edges of the store first: produce, meat and fish, dairy. Dried beans gave the most protein per dollar in our price check, so stock up. Check the ingredient list on packaged food, and prefer foods with few ingredients you recognize.

Notes and swaps from my coach

Sources: Dietary Guidelines for Americans, 2025 to 2030 (realfood.gov); WHO healthy diet fact sheet (fiber). General guidance, not medical advice. Check with a doctor or dietitian if you have allergies or a medical condition. Made with Scraler, the coaching platform for trainers and nutrition coaches.