Diet Grocery List

Seasoning & Sauces

🞏 balsamic vinegar

🞏 lemon juice

🞏 mayonnaise

🞏 mustard

🞏 olive oil

🞏 pepper

🞏 salt

🞏 soup mix

🞏 spices

🞏 salad dressing

🞏 salsa

🞏 soy sauce

🞏 teriyaki

🞏 vegetable oil

🞏 vinegar

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🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Pasta, Rice & Grains

🞏 couscous

🞏 whole grain pasta

🞏 brown rice

🞏 oatmeal

🞏 quinoa

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Others

🞏 batteries

🞏 light bulbs

🞏 insect repellent

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Cleaning

🞏 bleach

🞏 dish cloths

🞏 dish soap

🞏 dishwasher soap

🞏 fabric softener

🞏 floor cleaner

🞏 glass spray

🞏 gloves

🞏 laundry soap

🞏 sponges

🞏 toilet cleaner

🞏 \_\_\_\_\_\_\_\_\_\_

Drinks

🞏 club soda

🞏 coffee

🞏 juice

🞏 diet soft drinks

🞏 tea

🞏 wine

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Paper Products

🞏 aluminum foil

🞏 baking paper

🞏 cups

🞏 garbage bags

🞏 muffin cups

🞏 napkins

🞏 paper plates

🞏 paper towels

🞏 plastic bags

🞏 plastic cutlery

🞏 plastic wrap

🞏 straws

🞏 tissues

🞏 toilet paper

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Baking

🞏 baking powder

🞏 baking soda

🞏 sugar free cocoa

🞏 cornstarch

🞏 cooking spray

🞏 whole wheat flour

🞏 gelatin

🞏 brown sugar

🞏 sugar substitute

🞏 vanilla extract

🞏 yeast

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Canned & Bottles

🞏 apple sauce

🞏 baked beans

🞏 bouillon cubes

🞏 crushed tomatoes

🞏 chickpeas

🞏 jelly (jam)

🞏 honey

🞏 maple syrup

🞏 natural almond butter

🞏 natural peanut butter

🞏 olives

🞏 pasta sauce

🞏 pickles

🞏 soup

🞏 sweet corn

🞏 tuna fish

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Frozen

🞏 ice

🞏 sugar free & low fat ice cream

🞏 sugar free juice

🞏 unsweetened berries

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Bakery

🞏 whole grain bread

🞏 whole grain pita bread

🞏 whole grain rolls

🞏 whole grain tortillas

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Cereal & Snacks

🞏 whole grain crackers

🞏 dried fruit

🞏 fruit snacks

🞏 granola bars

🞏 nuts

🞏 popcorn

🞏 whole grain cereal

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Refrigerated

🞏 butter

🞏 low fat cheese

🞏 low fat cream cheese

🞏 cottage cheese

🞏 eggs

🞏 feta cheese

🞏 greek yogurt

🞏 low fat milk

🞏 low fat sour cream

🞏 fruit juice

🞏 low fat yogurt

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🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Meat

🞏 chicken breast

🞏 lean beef

🞏 steak

🞏 ground turkey

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🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Fish

🞏 catfish

🞏 cod

🞏 halibut

🞏 salmon

🞏 shrimp

🞏 tilapia

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

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Personal Care

🞏 conditioner

🞏 cotton balls

🞏 cotton swabs

🞏 dental floss

🞏 deodorant

🞏 hand soap

🞏 mouthwash

🞏 razors/blades  
🞏 shampoo

🞏 shaving cream

🞏 soap

🞏 sunscreen

🞏 tissues

🞏 toothbrush

🞏 toothpaste

🞏 vitamins

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Fruits

🞏 apples

🞏 bananas

🞏 berries

🞏 grapes

🞏 pineapples

🞏 lemons

🞏 melons

🞏 oranges

🞏 peaches

🞏 pears

🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

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🞏 \_\_\_\_\_\_\_\_\_\_

🞏 \_\_\_\_\_\_\_\_\_\_

Vegetables

🞏 broccoli

🞏 bell peppers

🞏 cabbage

🞏 cauliflower

🞏 carrots

🞏 celery

🞏 cherry tomatoes

🞏 corn

🞏 cucumbers

🞏 fresh herbs

🞏 garlic

🞏 green beans

🞏 kale

🞏 lettuce

🞏 mushrooms

🞏 onions

🞏 peppers

🞏 potatoes

🞏 salad greens

🞏 pumpkin

🞏 sprouts

🞏 sweet potatoes

🞏 tomatoes

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