

Healthy Living – Today Meal Grocery List

HealthyLiving-Today.net

This sample plan offers a full week of balanced meals and snacks made with whole ingredients to keep you energized and satisfied. Whether you're cooking for yourself or your family, these easy options help take the guesswork out of eating well

Category	Items	Category	Alternative Items
FRUITS	<input type="checkbox"/> Berries	FRUITS	<input type="checkbox"/> Pears
	<input type="checkbox"/> Bananas		<input type="checkbox"/> Mango
	<input type="checkbox"/> Apples		<input type="checkbox"/> Kiwi
	<input type="checkbox"/> Oranges		<input type="checkbox"/> Peaches
	<input type="checkbox"/> Grapes		
	<input type="checkbox"/> Strawberries		
VEGETABLES	<input type="checkbox"/> Spinach	VEGETABLES	<input type="checkbox"/> Zucchini
	<input type="checkbox"/> Broccoli		<input type="checkbox"/> Kale
	<input type="checkbox"/> Carrots		<input type="checkbox"/> Cauliflower
	<input type="checkbox"/> Mixed Greens		<input type="checkbox"/> Mushroom
	<input type="checkbox"/> Tomatoes		
	<input type="checkbox"/> Corn		
PROTEINS	<input type="checkbox"/> Chicken breast	PROTEINS	<input type="checkbox"/> Tempeh
	<input type="checkbox"/> Salmon		<input type="checkbox"/> Tofu
	<input type="checkbox"/> Tofu		<input type="checkbox"/> Canned lentils
	<input type="checkbox"/> Turkey slices		<input type="checkbox"/> Edamame
	<input type="checkbox"/> Shrimp		<input type="checkbox"/> Canned sardines or salmon (bone-in for calcium)
	<input type="checkbox"/> Beef		<input type="checkbox"/> Hemp seeds, chia seeds or sunflower seeds
GRAINS & CARBS	<input type="checkbox"/> Oatmeal	GRAINS & CARBS	<input type="checkbox"/> Millet
	<input type="checkbox"/> Quinoa		<input type="checkbox"/> Buckwheat
	<input type="checkbox"/> Brown Rice		<input type="checkbox"/> Amaranth
	<input type="checkbox"/> Whole wheat pasta		<input type="checkbox"/> Lentil pasta
	<input type="checkbox"/> Bread		<input type="checkbox"/> Gluten-free oats
	<input type="checkbox"/> Bagels		<input type="checkbox"/> Rice cakes
	<input type="checkbox"/>		<input type="checkbox"/> Quinoa pasta
DAIRY / ALTERNATIVES	<input type="checkbox"/> Greek yogurt	DAIRY / ALTERNATIVES	<input type="checkbox"/> Plant-based yogurts (coconut, almond, oat)
	<input type="checkbox"/> Milk		
	<input type="checkbox"/> Cheese		
	<input type="checkbox"/> Cream cheese		
PANTRY STAPLES	<input type="checkbox"/> Granola	PANTRY STAPLES	<input type="checkbox"/> Vegan cheese and spreads (cashew-based or soy-free)
	<input type="checkbox"/> Peanut butter		
	<input type="checkbox"/> Hummus		
	<input type="checkbox"/> Maple syrup		
	<input type="checkbox"/> Trail mix		
SNACKS	<input type="checkbox"/> Almonds	Dairy Free Snacks	<input type="checkbox"/> Greek yogurt
	<input type="checkbox"/> Celery sticks		<input type="checkbox"/> Cheese cubes
	<input type="checkbox"/> Popcorn		<input type="checkbox"/> Cottage cheese with fruit
	<input type="checkbox"/> Crackers		
	<input type="checkbox"/> Peanut Butter with Apple	Nut Free Snacks	<input type="checkbox"/> Roasted chickpeas or pumpkin seeds
	<input type="checkbox"/> Celery sticks with peanut butter		<input type="checkbox"/> Sunflower seed butter or tahini with pear slices
	<input type="checkbox"/> Granola Bars		<input type="checkbox"/> Nut-free granola mix with dried fruit and seeds
	<input type="checkbox"/> Pretzels		<input type="checkbox"/> Celery with hummus or cream cheese (dairy or plant-based)
	<input type="checkbox"/> Crackers with cheese		

Healthy Living – Today Meal Grocery List

HealthyLiving-Today.net

This sample plan offers a full week of balanced meals and snacks made with whole ingredients to keep you energized and satisfied. Whether you're cooking for yourself or your family, these easy options help take the guesswork out of eating well

Category	Items		Category	Alternative Items	
	<input type="checkbox"/>		Dairy Free Snacks	<input type="checkbox"/>	Coconut or almond milk yogurt with chia seeds
	<input type="checkbox"/>			<input type="checkbox"/>	Dairy-free cheese slices or roasted tofu bites
	<input type="checkbox"/>			<input type="checkbox"/>	Silken tofu blended with fruit and cinnamon
	<input type="checkbox"/>			<input type="checkbox"/>	Oat milk yogurt with gluten-free granola
	<input type="checkbox"/>			<input type="checkbox"/>	
	<input type="checkbox"/>		Gluten Free Snack	<input type="checkbox"/>	Brown rice cakes with avocado or hummus
	<input type="checkbox"/>			<input type="checkbox"/>	Homemade oat and seed bites (with honey or maple syrup)
	<input type="checkbox"/>			<input type="checkbox"/>	Gluten-free pretzels or roasted edamame
	<input type="checkbox"/>			<input type="checkbox"/>	Sliced apple or banana topped with sunflower seed butter
	<input type="checkbox"/>		Low-sugar swap	<input type="checkbox"/>	Air-popped popcorn with nutritional yeast or cinnamon
	<input type="checkbox"/>			<input type="checkbox"/>	Plain coconut yogurt with fresh berries
	<input type="checkbox"/>			<input type="checkbox"/>	Hard boiled egg with a few baby carrots
	<input type="checkbox"/>			<input type="checkbox"/>	Infused water with mint and cucumber
	<input type="checkbox"/>		Kid-friendly swaps	<input type="checkbox"/>	Hummus with mini bell pepper strips
	<input type="checkbox"/>			<input type="checkbox"/>	Apple chips or banana chips with seed butter
	<input type="checkbox"/>			<input type="checkbox"/>	No-bake oatmeal and banana bites
	<input type="checkbox"/>			<input type="checkbox"/>	Baked sweet potato chips or seaweed snacks
MISCELLANEOUS	<input type="checkbox"/>	Protein powder	MISCELLANEOUS	<input type="checkbox"/>	Flax seed meal (egg substitute for baking)
	<input type="checkbox"/>	Olive oil		<input type="checkbox"/>	
	<input type="checkbox"/>	Spices		<input type="checkbox"/>	