

# Healthy Grocery List

(Week of \_\_/\_\_/\_\_)

**Produce:**  
(Organic, In-Season)

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**Meat Protein:**  
(Grass-Fed, Wild Caught)

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**Dairy:**  
(No Hormones, Pastured-Raised Eggs)

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**Grains:**  
(Gluten-Free, Brown Rice, Quinoa)

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**Beans:**  
(Wide Variety, Organic)

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**Nuts/Seeds/Dried Fruit:**  
(Raw and Unsalted Nuts)

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**Baking:**  
(Natural Sweeteners, Gluten-Free Flours,)

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**Snacks/Spreads:**  
(Nut Butters, Hummus, Cheese Sticks)

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**Spices/Vinegars/Healthy Fats:**  
(Natural Herbs & Spices)

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**Other:**

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