Canelith

NUTRITION COLLECTION

FREE









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Healthy grocery list

What to buy to eat well without overspending: by food group, with what stretches further and what's worth it, and a week of shopping to tick off.

Free | Printable | Budget ingredients

INSIDE

1 A checklist by food group
2 How to build your plate
3 Tricks to spend less
4 How to read a label in 30 seconds
5 What to always keep in the pantry
6 Where to go next: recipes and calculator



Bella shows you how to fill your cart in 10 minutes.

Build your plate and your cart

If every meal has **protein**, **vegetables** and **a carb**, plus a little **healthy fat**, you're on the right track. Shop with that in mind.

YOUR PLATE, BY HAND

- **1 palm** of protein.
- **1 fist** of carbs (rice, potato, arepa).
- **2 open hands** of vegetables.
- **1 thumb** of fat (avocado, oil, peanuts).

If you train hard or want to gain weight, add one more fist of carbs.

TRICKS TO SPEND LESS

- Buy **dry** beans, lentils and chickpeas and cook for the week.
- **In-season** or **frozen** vegetables and fruit.
- Bone-in chicken pieces or thighs: they go further than breasts.
- Eggs and canned tuna: cheap, quick protein.
- Take your list and don't shop hungry.

READ A LABEL IN 30 SECONDS

1. Check the **serving size**: everything in the table is for that amount. **2.** Look for the **protein** and the **added sugars** (the fewer the better). **3.** Read the **ingredients**: they go from most to least; if sugar or oil comes first, the product is sweeter or fattier than it looks. **4.** If it has "high in" warning seals, keep it for once in a while.

Your list for the week

Tick what you need and write the amount on the line.

PROTEIN

The base of every meal: one palm per meal.

- ☐ Eggs
- ☐ Chicken breast or thighs
- ☐ Lean ground beef
- ☐ Canned tuna or sardines (in water)
- ☐ White fish (tilapia, hake, cod)
- ☐ Plain Greek yogurt
- ☐ Fresh cheese or cottage cheese
- ☐ Milk or soy milk
- ☐ Dry beans, lentils or chickpeas
- ☐ Tofu

CARBS

Energy to train: one fist per meal.

- ☐ Rolled oats
- ☐ Rice (white or brown)
- ☐ Potatoes or sweet potatoes
- ☐ Cassava (yuca) or plantains
- ☐ Arepas or corn tortillas
- ☐ Whole-grain bread
- ☐ Whole-wheat pasta
- ☐ Quinoa (if the price is good)

VEGETABLES

Half your plate. Frozen ones work just as well.

- ☐ Spinach or chard
- ☐ Broccoli or cauliflower
- ☐ Carrots
- ☐ Tomatoes
- ☐ Onions and scallions
- ☐ Bell peppers
- ☐ Cucumber
- ☐ Zucchini or squash
- ☐ Cabbage
- ☐ Lettuce
- ☐ Garlic, cilantro and parsley

FRUIT

2 or 3 a day. Choose what's in season: it's cheaper.

- ☐ Bananas
- ☐ Apples or pears
- ☐ Oranges or tangerines
- ☐ Papaya
- ☐ Pineapple
- ☐ Mango
- ☐ Strawberries or blackberries (frozen too)
- ☐ Guava
- ☐ Limes

HEALTHY FATS

One thumb per meal.

- ☐ Avocado
- ☐ Olive or canola oil
- ☐ Peanuts or unsweetened peanut butter
- ☐ Walnuts or almonds
- ☐ Chia seeds or flaxseed

PANTRY

For flavor without adding sugar.

- ☐ Salt, pepper, cumin and oregano
- ☐ Cinnamon and unsweetened cocoa powder
- ☐ Mustard and vinegar
- ☐ Plain tomato sauce (passata)
- ☐ Coffee or tea
- ☐ Homemade broth or low-sodium bouillon cubes

SO WHAT DO I COOK NOW?

With this list you can make almost every recipe in **Healthy recipes: the basics** (free) and **Healthy recipes: complete**, which includes a one-week menu with its exact grocery list. Not sure how much to eat? Use the **free calculator** for calories and protein. All at canelith.com/en.

General information; it doesn't replace a visit to a dietitian or doctor.