



The Whole Foods Grocery List

Shop the perimeter — nourish your body

Real food, no overwhelm

The best grocery list is one you'll actually use. Stick to the store's perimeter (produce, meat, dairy) and hit a few center aisles for pantry staples. Buy what you love, rotate weekly, and don't stress about perfection. Print, check, shop, done.

FRESH PRODUCE

Vegetables

- ☐ Spinach + mixed greens
- ☐ Kale
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Bell peppers
- ☐ Cucumbers
- ☐ Zucchini
- ☐ Carrots
- ☐ Cherry tomatoes
- ☐ Onions + garlic
- ☐ Asparagus

PROTEIN + DAIRY

Protein

- ☐ Chicken breast
- ☐ Ground turkey (93%+)
- ☐ Salmon or tilapia
- ☐ Canned tuna / salmon
- ☐ Eggs (dozen or 18ct)
- ☐ Lean deli meat
- ☐ Shrimp (fresh or frozen)

Fruits

- ☐ Berries (all types)
- ☐ Bananas
- ☐ Apples
- ☐ Oranges
- ☐ Avocados
- ☐ Lemons + limes
- ☐ Grapes
- ☐ Watermelon
- ☐ Pears
- ☐ Frozen mango
- ☐ Frozen berries

Dairy & Alt-Dairy

- ☐ Non-fat Greek yogurt
- ☐ Cottage cheese (2%)
- ☐ String cheese
- ☐ Skim or 1% milk
- ☐ Unsweetened almond milk
- ☐ Sharp cheddar
- ☐ Parmesan (grated)

COACH'S TIP

Frozen produce is just as nutritious as fresh and cuts food waste. Stock your freezer!



Pantry, Freezer & Extras

The staples that make cooking easy

WHOLE GRAINS + PANTRY

Whole Grains + Legumes

- ☐ Old-fashioned oats
- ☐ Quinoa
- ☐ Brown rice
- ☐ Whole grain bread
- ☐ Whole grain tortillas
- ☐ Chickpea pasta
- ☐ Lentils (dry or canned)
- ☐ Black beans + chickpeas

Pantry Basics

- ☐ Olive oil (extra virgin)
- ☐ Avocado oil (high-heat)
- ☐ Balsamic vinegar
- ☐ Coconut aminos or low-sodium soy
- ☐ Sea salt + black pepper
- ☐ Cinnamon + vanilla
- ☐ Garlic powder + paprika
- ☐ Honey or maple syrup

HEALTHY FATS + SMART SNACKS

Healthy Fats

- ☐ Almonds (raw or roasted)
- ☐ Walnuts
- ☐ Pumpkin seeds
- ☐ Chia seeds
- ☐ Ground flaxseed
- ☐ Natural peanut butter
- ☐ Almond butter
- ☐ Hummus

Smart Snacks

- ☐ Whole grain crackers
- ☐ Rice cakes
- ☐ Popcorn (plain kernels)
- ☐ Dark chocolate 70%+
- ☐ Beef jerky (low sugar)
- ☐ Protein bars (15g+ protein)
- ☐ Roasted chickpeas
- ☐ Freeze-dried fruit

HYDRATION + EXTRAS

- ☐ Sparkling water (LaCroix, Bubly, Waterloo)
- ☐ Herbal tea (chamomile, peppermint, ginger)
- ☐ Green tea
- ☐ Electrolytes (LMNT, Nuun, or Liquid IV Zero)
- ☐ Coconut water (unsweetened)

A GENTLE REMINDER

You don't need every item. Pick 5–8 favorites per section and rotate weekly.
Simple, repeated meals beat complicated ones you never make.

