

FOOD DIARY

A large, empty white rectangular area intended for writing a food diary. The area is completely blank, providing space for the user to record their daily food intake.

HEALTHY GROCERY SHOPPING LIST

Protein/Dairy/Eggs

- organic chicken
- grass-fed beef
- wild salmon
- seafood
- almond milk
- coconut milk
- feta cheese
- goat cheese
- greek yoghurt
- organic eggs
- tempeh

Vegetables

- bell peppers
- broccoli
- cauliflower
- cucumbers
- carrots
- kale
- lettuce
- spinach
- onions
- garlic
- pumpkin
- eggplant
- sweet potatoes
- tomatoes
- zucchini
- parsley
- mushrooms

Fruits

- apples
- avocados
- bananas
- blueberries
- blackberries
- raspberries
- strawberries
- cherries
- lemons
- limes
- oranges
- peaches
- pears
- plums
- pineapples

Pantry Staples

- coconut oil
- olive oil
- balsamic vinegar
- apple cider vinegar
- dijon mustard
- cinnamon
- hot sauce
- turmeric
- nutritional yeast
- chilli paste
- sea salt & pepper
- gluten-free flours
- baking soda
- baking supplies
- cocoa powder/cacao nibs
- honey/maple syrup/agave
- coconut sugar
- dark chocolate

Beans & Grains

- amaranth
- quinoa
- farro
- coconut flour
- rolled oats
- brown rice
- sorghum
- spelt
- black beans
- chickpeas
- lentils
- cannellini
- beans
- kidney beans
- split peas
- edamame
- hummus

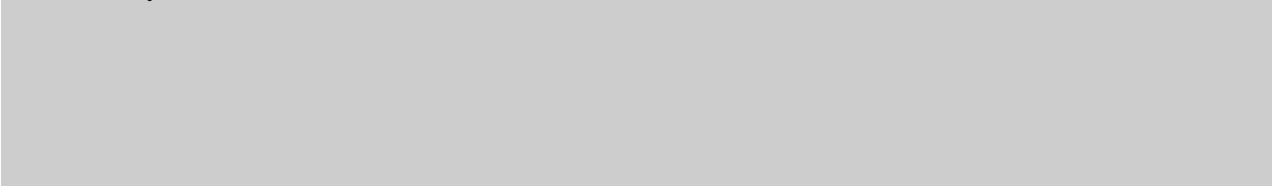
Nuts & Seeds

- flax seeds
- chia seeds
- pumpkin seeds
- sesame seeds
- peanuts
- pekans
- almonds
- walnuts
- pistachios
- nut butters

Other

HEALTHY MEAL PLANNING

Monday



Tuesday



Wednesday



Thursday



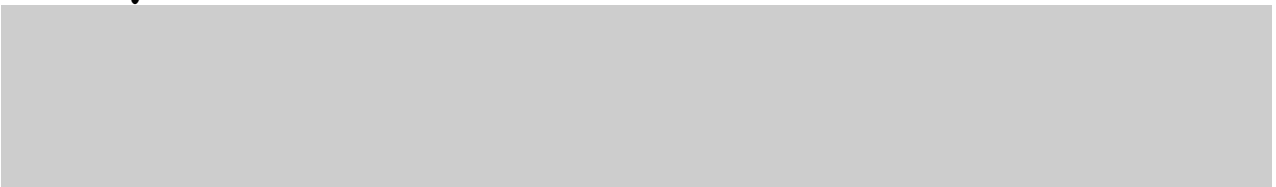
Friday



Saturday



Sunday



MY HEALTHY GROCERY SHOPPING LIST

Protein

Vegetables

Fruits

Pantry Staples

Baking

Nuts & Seeds

Oil & Vinegar

