

Healthy Grocery Starter List

A simple, no-stress shopping list for building balanced meals — any woman, any week.

How to use this list

This isn't a diet or a set of rules — it's a starting point for stocking your kitchen with foods that help you feel good and fuel your day. There are no "bad" foods here and nothing is off-limits. The goal is **variety and balance, not restriction**.

Pick a few items from each section that you actually enjoy — you don't need everything at once. Then aim to build most plates from a protein, some colorful produce, a quality carb, and a little healthy fat.

Your Starter List

Proteins

Chicken, turkey, eggs, Greek yogurt, cottage cheese, fish, canned tuna or salmon, lean beef, tofu or tempeh, beans, lentils, edamame, and protein powder if you like it.

Vegetables (fresh or frozen — both count)

Spinach and mixed greens, broccoli, bell peppers, zucchini, carrots, tomatoes, cucumber, green beans, cauliflower, onions, and mushrooms.

Fruit

Bananas, apples, berries, oranges, grapes, and melon — fresh or frozen are both great.

Quality carbs

Oats, brown rice, quinoa, whole-grain bread or wraps, potatoes and sweet potatoes, whole-grain pasta, and beans.

Healthy fats

Avocado, olive oil, nuts and nut butter, seeds like chia and flax, and olives.

Pantry & flavor

Canned tomatoes, low-sodium broth, herbs and spices, garlic, salsa, mustard, vinegar, and a little honey — simple ways to make healthy food taste great.

Easy snacks

Greek yogurt, fruit, veggies with hummus, a handful of nuts, cheese, hard-boiled eggs, and whole-grain crackers.

Build a balanced plate

A simple framework — no counting required:

- About **half** your plate: vegetables and/or fruit
- About **a quarter**: protein
- About **a quarter**: a quality carb
- Add a little **healthy fat** for flavor and staying power

Simple meal ideas

- **Breakfast:** Greek yogurt with berries and oats, or eggs with whole-grain toast and fruit.
- **Lunch:** Chicken or beans over greens with rice and a little avocado.
- **Dinner:** Salmon or tofu with roasted veggies and potatoes.
- **Snack:** An apple with nut butter, or veggies with hummus.

Don't forget hydration

Water is your best default — keep a refillable bottle handy. Coffee and tea count too.

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Book a free consultation at fitnesswithmilagros.com. We'll keep it simple, sustainable, and tailored to you — no crash diets, ever.

This guide is general wellness information, not personalized nutrition or medical advice. If you have specific dietary needs, allergies, or health conditions, please consult a qualified professional.