Healthy College Grocery List

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| ⦁ | Water |
| ⦁ | Almond Milk(Or Regular Milk) |
| ⦁ | Peanut Butter |
| ⦁ | Bread |
| ⦁ | Protein Powder |
| ⦁ | Yogurt |
| ⦁ | Fruit |
| ⦁ | Granola |
| ⦁ | Instant Oatmeal |
| ⦁ | Eggs(Egg whites are healthier) |
| ⦁ | Tortillas |
| ⦁ | Sausage |
| ⦁ | Salsa |
| ⦁ | Fat Free Cheese |
| ⦁ | Jelly |
| ⦁ | Carrots |
| ⦁ | Celery |
| ⦁ | Turkey(ground or sliced) |
| ⦁ | Lettuce |
| ⦁ | Tomatoes |
| ⦁ | Veggie Steamer Bags(broccolli/green beans/peas) |
| ⦁ | Instant White Rice |
| ⦁ | Chicken Breast |
| ⦁ | Rotisserie Chicken |
| ⦁ | Instant Sweet Potatoes |
| ⦁ | Fresh Veggies(bell pepper/mushroom/spinach) |
| ⦁ | Ready To Go Salad |
| ⦁ | Pasta Noodles(fettuccine or spaghetti) |

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| ⦁ | Pasta Sauce(Tomato Pasta Sauce/Alfredo Sauce) |
| ⦁ | Mustard |
| ⦁ | Healthy Frozen Dinners |
| ⦁ | Favorite Salad Dressing(Ranch/Caesar/Blue Cheese/Vegan) |
| ⦁ | Healthy Snacks |
| ⦁ | Cereal |
| ⦁ | Protein Bars |
| ⦁ | Nuts |
| ⦁ | Berries |
| ⦁ | Bananas |
| ⦁ | Pretzels |
| ⦁ | Apples |
| ⦁ | Beef Jerky |
| ⦁ | Granola/Granola Bars |
| ⦁ | Frozen pizza and/or pizza bites(This is to help keep you sane!) |

