

Healthy College Grocery List

- 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(broccoli/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)

- 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!)

