

Diabetes-Friendly Grocery Shopping List

Proteins
<input type="checkbox"/> Chicken
<input type="checkbox"/> Lean beef
<input type="checkbox"/> Turkey breast
<input type="checkbox"/> Fish
<input type="checkbox"/> Eggs
<input type="checkbox"/> Tofu

Legumes
<input type="checkbox"/> Black beans
<input type="checkbox"/> Chickpeas
<input type="checkbox"/> Kidney beans
<input type="checkbox"/> Lentils
<input type="checkbox"/> Navy beans
<input type="checkbox"/> Pinto beans

Veggies
Non-Starchy Vegetables
<input type="checkbox"/> Asparagus
<input type="checkbox"/> Bell peppers
<input type="checkbox"/> Broccoli
<input type="checkbox"/> Brussels sprouts
<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Celery
<input type="checkbox"/> Green beans
<input type="checkbox"/> Leafy greens
<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Onions
Starchy Vegetables
<input type="checkbox"/> Beets
<input type="checkbox"/> Carrots
<input type="checkbox"/> Peas
<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Sweet potatoes

Carbohydrates
<input type="checkbox"/> Barley
<input type="checkbox"/> Brown rice
<input type="checkbox"/> Quinoa
<input type="checkbox"/> Steel-cut oats
<input type="checkbox"/> Whole grain bread
<input type="checkbox"/> Whole grain cereal
<input type="checkbox"/> Popcorn

Fruits
<input type="checkbox"/> Apples
<input type="checkbox"/> Apricots
<input type="checkbox"/> Avocados
<input type="checkbox"/> Berries
<input type="checkbox"/> Cherries
<input type="checkbox"/> Citrus fruits
<input type="checkbox"/> Peaches
<input type="checkbox"/> Pears
<input type="checkbox"/> Tomatoes

Beverages
<input type="checkbox"/> Sparkling water
<input type="checkbox"/> Unsweetened tea
<input type="checkbox"/> Unsweetened coffee
<input type="checkbox"/> Unsweetened veggie juice

Dressings, Oils & Spreads
<input type="checkbox"/> Almond butter
<input type="checkbox"/> Canola oil
<input type="checkbox"/> Extra virgin olive oil
<input type="checkbox"/> Guacamole
<input type="checkbox"/> Hummus
<input type="checkbox"/> Low sodium soy sauce
<input type="checkbox"/> Olive oil-based dressing
<input type="checkbox"/> Mustard
<input type="checkbox"/> Peanut butter

Desserts
<input type="checkbox"/> Fresh fruit
<input type="checkbox"/> Sugar-free ice cream
<input type="checkbox"/> Dark chocolate

Dairy
<input type="checkbox"/> Low-fat cottage cheese
<input type="checkbox"/> Low-fat milk
<input type="checkbox"/> Low-sodium cheeses
<input type="checkbox"/> Yogurt

Other Items

DATE: _____