## Healthy Grocery List

Tailored to suit individual medical history, dietary preferences, and nutritional requirements, this template offers recommendations, nutritional significance, and room for personalized adjustments in each section, creating a comprehensive healthy grocery list.

Name: Ben Thomas
Age: 30

## Medical Background:

No chronic illnesses
Previous minor allergies to shellfish

## Allergies:

Shellfish
Peanuts
Dairy

## Dietary Restrictions:

Vegetarian (No meat except for fish)
Lactose intolerant

## Health Objectives:

Maintain a balanced diet for overall well-being
Manage weight through healthy choices
Enhance energy levels for an active lifestyle

Fruits and Vegetables

Leafy greens (e.g., spinach, kale)
Colorful bell peppers
Berries (e.g., strawberries, blueberries)
$\checkmark$ Citrus fruits (e.g., oranges, grapefruits)
Cruciferous vegetables (e.g., broccoli, cauliflower)
$\checkmark$ Apples
(V) Bananas
(V) Carrots

## Nutritional Significance:

Rich in vitamins, antioxidants, and fiber. Supports immune function and digestive health.

## Whole Grains

Quinoa
Brown rice
Whole grain bread
Oats
Barley
$\square$

## Nutritional Significance:

Complex carbohydrates for sustained energy and fiber for digestive health.

## Lean Proteins

Chicken breasts or thighs
Fish (e.g., salmon, trout)
Tofu or tempeh
$\square$ Legumes (e.g., lentils, chickpeas)
Lentils
Chickpeas

## Nutritional Significance:

Omega-3 fatty acids from fish for heart health. Plant-based proteins for muscle and overall health.

## Dairy and Alternatives

$\square$ Greek yogurt
Almond milk or other non-dairy alternatives

Vegan cheese
$\qquad$

Nutritional Significance:
Lactose-free alternatives for those with lactose intolerance. Calcium and Vitamin D for bone health.

## Healthy Fats

$\checkmark$ Avocados
$\checkmark$ Nuts (e.g., almonds, walnuts)
$\checkmark$ Olive oilFlaxseeds or chia seeds
Chia seeds

## Nutritional Significance:

Monounsaturated fats for heart health. Omega-3 fatty acids for brain health.

## Miscellaneous

Herbs and spices (e.g., basil, turmeric)
Tea or coffee (if preferred)
Healthy snacks (e.g., unsweetened dried fruits, nut butter)
$\qquad$
$\qquad$

## Nutritional Significance:

Antioxidants from herbs, spices, and green tea. Healthy snacks for energy without added sugars.

## Additional Notes/Personal Preferences:

Prefer organic produce when available.
Enjoy a variety of herbal teas.
Snack preference: Mix of dried fruits and nuts.
Limit processed and sugary foods.
Daily hydration goal: 8 glasses of water.

