

HEB Grocery Checklist

Proteins

- Salmon fillets
- Cod or tilapia
- Chicken breast
- Firm tofu
- Eggs
- Chickpeas/Lentils
- Plant-based protein powder

Carbs & Grains

- Quinoa
- Brown/Jasmine rice
- Sweet potatoes
- Oats
- Whole grain wraps

Healthy Fats

- Avocados
- Olive oil
- Chia seeds
- Almonds/Walnuts
- Nut butter

Fruits

- Blueberries
- Pineapple chunks
- Apples
- Bananas

Vegetables

- Spinach/Kale
- Broccoli
- Bell peppers
- Carrots
- Asparagus
- Cucumbers
- Onions
- Garlic

Pantry/Seasonings

- Soy sauce (low-sodium)
- Garlic powder
- Onion powder
- Turmeric
- Pink salt
- Black pepper
- Honey/Agave
- Almond milk

Test

FAY