

Let's Move Grocery List Template

Use this template to fill in your weekly grocery list. Some examples of healthy foods are included to help you. Print this sheet before every shopping trip and use it to help you pick healthier items for your family. Check out the Let's Move website for more examples.

Fruits and Vegetables

Apples

Spinach

Breads, Rice, Cereal, Pasta

Whole grain bread

Brown rice

Meat, Poultry, Fish, Eggs, Beans, Nuts

Chicken breasts

Whole eggs

Milk, Cheese, Yogurt

Low-fat or fat-free yogurt

Fat-free milk

Packaged Foods

Canned pineapple in its own juice

Black beans

Frozen pizza

Fats, Oils, Sugar

Olive oil