

Balanced Life Challenge Shopping List

PLENTY OF:

FRUITS & VEGETABLES:

As you are picking out your produce, remember to choose a variety of colors.

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|--------------------------------------|------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Beets | <input type="checkbox"/> Radishes | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Carrots | <input type="checkbox"/> Oranges | <input type="checkbox"/> Peaches | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Bananas | <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Pears | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Leafy Greens | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cherries | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Grapes | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Coconut | <input type="checkbox"/> Jicama | <input type="checkbox"/> Onions | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Parsnips |

BEANS & LEGUMES

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|---------------------------------------|--|--------------------------------------|-----------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> black beans | <input type="checkbox"/> black-eyed peas | <input type="checkbox"/> chickpeas | <input type="checkbox"/> edamame | <input type="checkbox"/> hummus | <input type="checkbox"/> lentils |
| <input type="checkbox"/> lentil chips | <input type="checkbox"/> miso | <input type="checkbox"/> pinto beans | <input type="checkbox"/> soy nuts | <input type="checkbox"/> split peas | <input type="checkbox"/> tofu |

SEAFOOD

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|---------------------------------|----------------------------------|----------------------------------|------------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> cod | <input type="checkbox"/> haddock | <input type="checkbox"/> halibut | <input type="checkbox"/> mahi mahi | <input type="checkbox"/> crab | <input type="checkbox"/> lobster |
| <input type="checkbox"/> salmon | <input type="checkbox"/> sole | <input type="checkbox"/> trout | <input type="checkbox"/> tuna | <input type="checkbox"/> scallops | <input type="checkbox"/> shrimp |

FATS & OILS

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|----------------------------------|------------------------------------|-------------------------------------|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> almonds | <input type="checkbox"/> avocado | <input type="checkbox"/> canola oil | <input type="checkbox"/> cashews | <input type="checkbox"/> flax seed oil | <input type="checkbox"/> nut butters |
| <input type="checkbox"/> olives | <input type="checkbox"/> olive oil | <input type="checkbox"/> pecans | <input type="checkbox"/> pistachios | <input type="checkbox"/> sesame oil | <input type="checkbox"/> walnuts |

SPICES & SEASONINGS

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|--------------------------------------|----------------------------------|--------------------------------------|--|----------------------------------|----------------------------------|
| <input type="checkbox"/> cinnamon | <input type="checkbox"/> cocoa | <input type="checkbox"/> curry | <input type="checkbox"/> fresh cut herbs | <input type="checkbox"/> garlic | <input type="checkbox"/> ginger |
| <input type="checkbox"/> horseradish | <input type="checkbox"/> mustard | <input type="checkbox"/> red peppers | <input type="checkbox"/> tumeric | <input type="checkbox"/> vanilla | <input type="checkbox"/> vinegar |

IN MODERATION:

DAIRY

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|---------------------------------|---|-------------------------------|---------------------------------|
| <input type="checkbox"/> cheese | <input type="checkbox"/> cottage cheese | <input type="checkbox"/> milk | <input type="checkbox"/> yogurt |
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LEAN POULTRY

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|---|-------------------------------|--|
| <input type="checkbox"/> chicken breast | <input type="checkbox"/> eggs | <input type="checkbox"/> ground turkey |
|---|-------------------------------|--|

WHOLE GRAINS

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|---------------------------------|-------------------------------------|---|----------------------------------|--|
| <input type="checkbox"/> barley | <input type="checkbox"/> brown rice | <input type="checkbox"/> corn tortillas | <input type="checkbox"/> oatmeal | <input type="checkbox"/> whole grain bread |
|---------------------------------|-------------------------------------|---|----------------------------------|--|

ALCOHOL

Moderate alcohol consumption may provide some health benefits. However, the evidence isn't certain, and alcohol may not benefit everyone who drinks. If you choose to drink, limit it to one drink a day. Also, choose drinks that do not have high sugar or grain content.

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|-----------------------------------|-------------------------------|-------------------------------------|
| <input type="checkbox"/> red wine | <input type="checkbox"/> sake | <input type="checkbox"/> white wine |
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