

My weekly heart healthy shopping list

Check your pantry, fridge and freezer for ingredients you have at home before going grocery shopping.

Fruits & vegetables

Fresh

- _____
- _____
- _____
- _____
- _____



Canned

- _____
- _____
- _____

Frozen

- _____
- _____
- _____

Cereals (preferably wholegrain)

- _____
- _____
- _____
- _____
- _____



Dairy*

Fridge

- _____
- _____
- _____



Pantry

- _____
- _____
- _____

Healthy proteins

Fresh

- _____
- _____
- _____
- _____
- _____



Canned

- _____
- _____
- _____

Dried

- _____
- _____
- _____

Healthy fats

- _____
- _____
- _____
- _____
- _____



Herbs & spices

Fresh

- _____
- _____
- _____



Dried

- _____
- _____
- _____

*If you have high cholesterol or heart disease choose reduced fat dairy