

GROCERYLIST
Must have
@Home



I understand you as hard workers rather not idle time to waste on what you need to have in-house in order to live an Healthy life.

Still, planning your meals is an important part to pursue a healthy diet.

If you do not consider well in advance what you want to eat the next few days, it's likely that you have no healthy things at home and thus make an unhealthy choice faster.

That's why I own a standard shopping list of products that must meet the following criteria:

- 1. Healthy**
- 2. Commonplace**
- 3. Simple (no fuss superfoods bullshit)**
- 4. The daily recommended productgroups**

Preparation Tips:

- 1. Already write down in the weekend what meals you want to make for the next 2-3 days, and which products do you need...**
- 2. Make a list of the products and get the groceries in-home.**
- 3. Repeat this ritual every 2-3 days.**
- 4. Make sure you plan your snacks well. Think of healthy snacks: fruit, unsalted unroasted nuts, low-fat cottage cheese with cereal, cracker with toppings, dried fruit, tomatoes, carrots, cucumbers, etc.**

Fruits and berries

- Strawberries
- Bananas
- Appels
- Grapes
- Blue berries
- Oranges
- Frozen fruit for smooties
- Or other fruit

Other:

- Nuts, kernels or seeds* such as pine and pumpkin seeds, walnuts and sesame seeds (I always take a mixture of everything to bake in my food or to do in my yoghurt)
- Raisins
- Garlic
- Onions

Vegetables and crudités

- Cucumber, carrots, (cherry) tomatoes, paprika
- Zucchini, eggplant
- Avocado
- Lettuce, spinach
- Or other vegetables

Fat (dressing, baking and to spread on bread

- Coconut oil**
- Dairy butter**
- Olive oil*

Dairy products and / or dairy replacement:

- Skim or low-fat yogurt / cottage cheese
- Skim or low-fat milk, soy, rice, almond or oat milk

Spreads

- Spread: nut butters*, hummus, Hüttenkäse
- Eggs
- Smoked salmon*, salmon or canned tuna (I always take: "Tuna with a twist" from "John West")

Bread, cereals, pasta, rice, pulses

- Wholemeal bread / globule, Oatmeal, Brinta
- Rye bread, wholemeal crackers
- Muesli without sugar (no Cruesli!)
- Wholemeal pasta, brown rice
- Chickpeas, lentils
- Quinoa, couscous, bulgur

* These are healthy foods with healthy fats. However, they contain a lot of fat. Even if they are healthy fats I recommend to consume it in moderation.

** These fats are healthier than other fats because they can be better processed in the body. However, they contain a lot of saturated fat. Even if they are healthy fats I recommend to consume it in moderation.