

# nutrisense

Grocery list recommended by Heather Davis, MS, RDN, LDN

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# Grocery List

Recommendations from Heather Davis, MS, RDN, LDN

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## Protein

Product Name	Check	Product Name	Check	Product Name	Check
Salmon	<input type="checkbox"/>	Oysters	<input type="checkbox"/>	Eggs	<input type="checkbox"/>
Halibut	<input type="checkbox"/>	Canned or packets of salmon	<input type="checkbox"/>	Plain/unsweetened Greek yogurt	<input type="checkbox"/>
Trout	<input type="checkbox"/>	Canned or packets of sardina	<input type="checkbox"/>	Cottage cheese	<input type="checkbox"/>
Tilapia	<input type="checkbox"/>	Canned or packets of tuna	<input type="checkbox"/>	Plain/unsweetened kefir	<input type="checkbox"/>
Cod	<input type="checkbox"/>	Uncured oven-roasted deli turkey	<input type="checkbox"/>	Tofu	<input type="checkbox"/>
Shrimp	<input type="checkbox"/>	Ground chicken or turkey	<input type="checkbox"/>	Tempeh	<input type="checkbox"/>
Scallops	<input type="checkbox"/>	Chicken breasts	<input type="checkbox"/>	Edamame	<input type="checkbox"/>
Clams	<input type="checkbox"/>	Lean grass fed red meats or pork	<input type="checkbox"/>	Beans and lentils	<input type="checkbox"/>

## Veggies (fresh or frozen)

Product Name	Check	Product Name	Check	Product Name	Check
Summer squash	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Asparagus	<input type="checkbox"/>
Bell peppers	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Green beans	<input type="checkbox"/>
Spinach	<input type="checkbox"/>	Lettuces	<input type="checkbox"/>	Cucumber	<input type="checkbox"/>

## Fruits (fresh or frozen)

Product Name	Check	Product Name	Check	Product Name	Check
Avocado	<input type="checkbox"/>	Raspberries	<input type="checkbox"/>	Lemons and limes	<input type="checkbox"/>
Olives	<input type="checkbox"/>	Blueberries	<input type="checkbox"/>	Tangerine	<input type="checkbox"/>
Tomatoes	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Papaya	<input type="checkbox"/>

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## Low Glycemic Carbs (gluten-free)

Product Name	Check	Product Name	Check	Product Name	Check
Brown rice	<input type="checkbox"/>	Steel cut oats	<input type="checkbox"/>	Butternut squash	<input type="checkbox"/>
Rice	<input type="checkbox"/>	Quinoa	<input type="checkbox"/>	Acorn squash	<input type="checkbox"/>
Pasta	<input type="checkbox"/>	Buckwheat	<input type="checkbox"/>	Pumpkin squash	<input type="checkbox"/>
Crackers	<input type="checkbox"/>	Stone-ground corn	<input type="checkbox"/>	Coconut flour tortillas	<input type="checkbox"/>
Rice cakes	<input type="checkbox"/>	Winter, squash	<input type="checkbox"/>	Cassava or almond flour tortillas	<input type="checkbox"/>

## Low Sugar Drinks

Product Name	Check	Product Name	Check	Product Name	Check
Unsweetened sparkling water La Croix	<input type="checkbox"/>	Herbal mint tea	<input type="checkbox"/>	Herbal lemon balm tea	<input type="checkbox"/>
Unsweetened sparkling water Hint	<input type="checkbox"/>	Herbal hibiscus tea	<input type="checkbox"/>	Herbal lemon chamomile tea	<input type="checkbox"/>
Unsweetened green tea	<input type="checkbox"/>	Herbal cinnamon tea	<input type="checkbox"/>		

## Other

Product Name	Check	Product Name	Check	Product Name	Check
Sunflower seeds	<input type="checkbox"/>	Hazelnuts	<input type="checkbox"/>	Cumin	<input type="checkbox"/>
Hemp seeds	<input type="checkbox"/>	Macadamia nuts	<input type="checkbox"/>	Cinnamon	<input type="checkbox"/>
Pumpkin seeds	<input type="checkbox"/>	Unsweetened seed or nut butter	<input type="checkbox"/>	Oregano	<input type="checkbox"/>
Chia seeds	<input type="checkbox"/>	Extra virgin olive oil	<input type="checkbox"/>	Coriander	<input type="checkbox"/>
Flax seeds	<input type="checkbox"/>	Avocado oil mayonnaise	<input type="checkbox"/>	Mint	<input type="checkbox"/>
Almonds	<input type="checkbox"/>	No-sugar added tomato sauce	<input type="checkbox"/>	Parsley	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>	Apple cider vinegar	<input type="checkbox"/>	Thyme	<input type="checkbox"/>
Cashews	<input type="checkbox"/>	Dijon mustard	<input type="checkbox"/>	Cayenne	<input type="checkbox"/>