Free guide

Healthy grocery checklist

LIVE BETTER. MAKE LIFE MATTER.

A shopping list of food types. Choose what you can find, afford, and tolerate. This is not a meal plan.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. If a clinician has limited a food or a fluid, follow that advice. lifeZoi does not assign a calorie target.

These guides are not treatment.

Foods to consider

[ ] Vegetables, fresh or frozen

[ ] Fruit

[ ] Beans or lentils

[ ] Whole grains you already eat

[ ] Eggs

[ ] Fish, if you eat it

[ ] Nuts or seeds

[ ] Milk or yogurt, if you use them

[ ] Unsweetened drinks

How to use the list

Check only the foods you want this week.

A shorter list is fine.

The Dietary Guidelines site is the public reference. lifeZoi does not copy that publication.

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/healthy-grocery-checklist

Sources linked, not copied

Dietary Guidelines for Americans (Dietary Guidelines for Americans)

https://www.dietaryguidelines.gov/

Nutrition (lifeZoi)

https://www.lifezoi.com/academy/meals

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.