



Danish Diet Shopping List



Vegetables

- Leafy greens (spinach, kale, lettuce)
- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Asparagus
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Carrots

Protein

- Chicken breast
- Turkey breast
- Lean cuts of beef (e.g., sirloin, tenderloin)
- White fish (e.g., cod, haddock)
- Shellfish (e.g., shrimp, scallops)
- Eggs

Whole Grains

- Quinoa
- Brown rice
- Whole wheat bread
- Oats
- Barley

Nuts and Seeds

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds

Legumes

- Lentils
- Chickpeas
- Black beans
- Kidney beans

Fruit

- Apples
- Oranges
- Berries (strawberries, blueberries)
- Grapefruit
- Kiwi
- Pineapple
- Watermelon
- Melon

Dairy and Dairy Alternatives

- Greek yogurt
- Cottage cheese (low-fat)
- Almond milk (unsweetened)
- Soy milk (unsweetened)



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

