



# Diabetic Diet Shopping List



## Vegetables

- Broccoli
- Spinach
- Kale
- Cauliflower
- Brussels sprouts
- Asparagus
- Cucumbers
- Bell peppers
- Zucchini
- Mushrooms

## Protein Sources

- Chicken breast
- Turkey
- Fish (salmon, tuna, mackerel)
- Tofu
- Eggs
- Cottage cheese (low-fat or fat-free)
- Greek yogurt (unsweetened)

## Whole Grains

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

## Legumes

- Lentils
- Chickpeas
- Black beans
- Kidney beans

## Healthy Fat

- Olive oil
- Avocado oil
- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Nut butter (almond, peanut, cashew)

## Fruit

- Berries (blueberries, strawberries, raspberries)
- Citrus fruits
- Avocado
- Apples
- Pears
- Peaches
- Plums
- Kiwi
- Grapes
- Watermelon
- Pineapple
- Mango

## Dairy Alternatives

- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened soy milk



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

