HEALTHY GROCERY Recommendations

- **Fruit**
  - Blueberry
  - Kiwi
  - Apple
  - Banana
- **Vegetable**
  - Broccoli
  - Garlic
  - Carrot
  - Lettuce
  - Tomato
  - Recommend most green leafy vegetables
- **Other Options**
  - Honey
  - Black Coffee
  - Vegetable Juice
- **Protein**
  - Tofu
  - Sardine
  - Bacon
  - Egg
  - Chicken Breast
  - Bean
- **Grain**
  - Whole Grain Bread
  - Rice
  - Oat
  - Potato
- **Healthy Fat**
  - Cheese
  - Almond
  - Butter
  - Chia Seed