

The Steady Grocery Lists

The Simple Shopping System That
Makes Healthy Eating Easier All Month



By Mariam Alston

A HAPPY HEALTHY GLOWS BONUS GUIDE

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HappyHealthyGlows.com

The Steady Grocery Lists

A companion bonus to The Steady Energy + Calm Belly Reset Bundle for Women 35+

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SECTION ONE

How to Use These Lists



Healthy eating often starts falling apart before the cooking even begins.

Not because you do not care. Not because you are not trying. Usually because shopping feels vague, expensive, repetitive, or mentally draining.

These lists are here to make shopping easier so healthy eating can feel realistic on busy weeks.

USE THESE LISTS TO

Save time in the store

Reduce forgotten items

Support the recipes and reset plan

Avoid random purchases when you are tired

You do not need every item every week. Use these lists as a base, then adjust for your household, budget, and preferences.

SECTION TWO

Pantry Basics



DRY GOODS

- Rolled oats
- Quinoa
- Brown rice
- White rice
- Lentils
- Chia seeds
- Flaxseed
- Pumpkin seeds
- Walnuts
- Almonds
- Rice cakes

CANNED AND JARRED

- Tuna or salmon
- Beans
- Tomato sauce
- Broth
- Olives
- Nut butter
- Salsa

OILS AND SALTS

- Extra virgin olive oil
- Avocado oil
- Sea salt
- Black pepper

FLAVOR BUILDERS

- Cinnamon
- Turmeric
- Garlic powder
- Onion powder
- Italian seasoning
- Ginger

SIMPLE RULE

If your pantry can support breakfast, one bowl meal, one salad, and one tray dinner, you are in a strong position.

SECTION THREE

Protein List



Protein helps meals feel more satisfying, steadier, and easier to stick with.

FRESH PROTEIN

- Chicken breast
- Ground turkey
- Turkey slices
- Eggs
- Greek yogurt
- Cottage cheese
- Salmon
- Shrimp
- Tofu
- Tempeh

FREEZER AND CONVENIENCE

- Frozen salmon
- Chicken strips
- Turkey burgers
- Pre-cooked shrimp
- Rotisserie chicken
- Canned fish
- Hard-boiled eggs
- Single-serve Greek yogurt

SHOPPING TIP

Choose three proteins per week: one for breakfast, one for lunch, one for dinner.
That is usually enough to make your week feel organized.

SECTION FOUR

Produce List



Produce does not need to be complicated to be useful.

FRUITS

- Berries
- Apples
- Bananas
- Lemons
- Avocados

VEGETABLES

- Spinach
- Mixed greens
- Cucumber
- Bell peppers
- Broccoli
- Zucchini
- Carrots
- Sweet potatoes
- Red onion
- Fresh herbs

BEST PRODUCE STRATEGY

Two fruits you will actually eat

Three vegetables you can roast or sauté easily

One leafy green

One flavor booster like lemon, herbs, or cucumber

SECTION FIVE

Fridge and Freezer Staples



FRIDGE

- Greek yogurt
- Cottage cheese
- Hummus
- Eggs
- Milk or unsweetened alternative
- Fresh salsa
- Simple dressings
- Fermented vegetables if tolerated

FREEZER

- Frozen berries
- Frozen broccoli
- Frozen cauliflower rice
- Frozen green beans
- Frozen shrimp
- Frozen cooked rice
- Frozen chicken strips

A GENTLE REMINDER

Your freezer is not a backup plan.

It is one of the simplest consistency tools you have.

SECTION SIX

Gut-Friendly Staples



These items help you build gentler meals when your digestion feels more sensitive.

EVERYDAY GUT-FRIENDLY

- Cooked rice
- Oats
- Eggs
- Bananas
- Cooked vegetables
- Plain yogurt if tolerated
- Sourdough if tolerated

SOOTHING EXTRAS

- Ginger
- Peppermint tea
- Chamomile tea
- Simple broth soups
- Mint
- Honey

SECTION SEVEN

Week 1 Grocery List. Stabilize



Produce	Protein	Pantry	Extras
Spinach	Eggs	Chia seeds	Sparkling water
Berries	Greek yogurt	Walnuts	Tea
Avocados	Chicken breast	Quinoa	Simple dressings
Broccoli	Salmon	Olive oil	
Sweet potatoes		Cinnamon	
Lemons			

SECTION EIGHT

Week 2 Grocery List. Rebuild



Produce	Protein	Pantry	Add-Ons
Mixed greens	Ground turkey	Rice	Fermented vegetables
Cucumber	Eggs	Pumpkin seeds	Herbs
Bell peppers	Greek yogurt	Beans	
Blueberries	Salmon	Broth	
Zucchini	Cottage cheese		

SECTION NINE

Week 3 Grocery List. Simplify and Repeat



This is often the week where shopping gets less expensive and more realistic. You stop buying food for the person you think you should be, and start buying food for the week you are actually living.

BUY ONLY THESE

Your easiest repeat fruit

Your easiest repeat vegetables

One salad base

Your top three proteins from the last two weeks

Only the pantry items you actually used

SECTION TEN

Week 4 Grocery List. Sustain



This week is about meals that work in real life.

BUY WHAT SUPPORTS

- Quick breakfasts
- Workday lunches
- Low-effort dinners
- One emergency meal option
- Two simple snacks

SUGGESTED FOCUS FOODS

- Eggs
- Greek yogurt
- Chicken or turkey
- Rice
- Frozen vegetables
- Greens
- Fruit
- Soup ingredients

SECTION ELEVEN

Budget Swap Guide



Healthy eating does not need a luxury price tag.

Swap This	For This
Fresh berries every week	Frozen berries
Salmon several nights a week	Canned salmon, tuna, or eggs on some days
Fancy snack bars	Yogurt, fruit, eggs, nuts
Pre-cut vegetables	Whole vegetables if time allows
Specialty wellness foods	Oats, rice, eggs, beans, potatoes, greens, yogurt

THE TRUTH ABOUT GROCERY LISTS

The best grocery list is not the trendiest one.

It is the one you can afford and repeat.

SECTION TWELVE

Store Shortcut Guide



If you shop at Aldi

Lean into eggs, yogurt, basics, frozen produce, canned fish, and seasonal fruit.

If you shop at Walmart

Use pickup when possible to reduce impulse buys and save time.

If you shop at Costco

Focus on proteins, frozen fruit, rice, oats, eggs, yogurt, and pantry basics. Skip bulk produce if it often goes to waste.

If you shop at Target

Use it best for convenience weeks, fast restocks, and simpler baskets.

SECTION THIRTEEN

Emergency 10-Item Restock



When the week gets chaotic, buy only these ten items.

- ☐ Eggs
- ☐ Greek yogurt
- ☐ Frozen berries
- ☐ Bananas
- ☐ Avocados
- ☐ Rotisserie chicken
- ☐ Bagged greens

☐ Microwave rice

☐ Olive oil

☐ Soup or broth

A PROMISE

These ten items can rescue an entire week.