



MAPLE
CONCIERGE MEDICINE
ALEXANDRA DOROSHOW, DO

HEALTHY GROCERY GUIDE

Focus on simple, minimally processed foods, color and variety, and meals built around protein, fiber, and healthy fats.
Small changes add up!

VEGGIES

- ☐ **Leafy greens:** spinach, kale, arugula, romaine, bok choy, lettuce
- ☐ **Cruciferous:** broccoli, cauliflower, brussels sprouts, cabbage
- ☐ **Root:** radishes, parsnips, carrots, beets, Japanese sweet potatoes
- ☐ **Fruit vegetables:** tomatoes, cucumbers, bell peppers, avocados, eggplant, zucchini, squash
- ☐ **Legumes/pods:** peas, green beans, edamame
- ☐ **Misc:** onions, mushrooms, garlic, shallots, frozen veggies

FRUIT

- ☐ **Berries:** strawberries, blueberries, blackberries, raspberries
- ☐ **Citrus:** oranges, clementines, lemon, lime, grapefruit
- ☐ **Melon:** watermelon, cantaloupe, honeydew
- ☐ **Stone:** peaches, nectarines, cherries, apricots, plums
- ☐ **Pome:** apples, pears
- ☐ **Tropical:** kiwi, banana, mango, pineapple, papaya
- ☐ **Dried:** figs, dates, prunes, apricots

PROTEIN

- ☐ **Seeds/nuts:** hemp/chia/flax/pumpkin seeds, unsalted nuts
- ☐ **Plant-based:** edamame, tofu, tempeh, seitan, lentils, beans
- ☐ **Dairy:** Greek yogurt, cottage cheese
- ☐ **Grains:** quinoa, farro, whole-grain oats and bread
- ☐ **Animal protein:** eggs/egg whites, fish, poultry

STAPLES

- ☐ **Milk:** plant-based unsweetened almond, soy, oat milk
- ☐ **Freezer section:** frozen veggies (peas, corn, edamame), veggie burgers, cauliflower rice, cauliflower pizza crust, frozen steamed microwaveable brown rice
- ☐ **Dips:** salsa, hummus
- ☐ **Lentils/beans:** chickpeas, black beans, kidney beans, etc
- ☐ **Nut butters:** almond, peanut, cashew
- ☐ **Pasta:** whole grain pasta or plant-based pasta
- ☐ **Pesto:** great on roasted veggies, pasta

MEAL IDEAS

- ☐ **Overnight oats:**
Whole-grain oats with almond milk, chia/flax/hemp/pumpkin seeds, unsalted nuts, cinnamon, peanut butter, fresh fruit
- ☐ **Hummus/veggie sandwich:** with whole-grain bread, avocado, lettuce, tomato, sprinkled w/ Everything Bagel seasoning
- ☐ **Vegetable grain bowl:**
Roasted veggies with hummus and a grain (brown rice, farro, quinoa)
- ☐ **Cauliflower crust pizza:**
Cauliflower crust pizza topped with roasted veggies and drizzled with balsamic vinaigrette
- ☐ **Burrito bowls:**
Sautéed mushrooms, peppers, onions, corn, black beans, guacamole, salsa, Greek yogurt/sour cream, chopped romaine lettuce
- ☐ **Vegetable Soup:**
Sautéed vegetables (squash, pepper, zucchini, red onion, carrots, celery, spinach + chickpeas and red lentils), low sodium vegetable stock

ITEMS WE LOVE

- ☐ Everything Bagel seasoning
- ☐ Rao's Marinara Sauce
- ☐ Urban Accents Veggie Roaster Seasoning Blend
- ☐ Dave's Killer Bread
- ☐ Caulipower All About the Base Pizza Crust
- ☐ Ithaca Graza Hummus
- ☐ Thai Kitchen Red Curry Paste (great for soups!)
- ☐ Trader Joe's Soyaki Sauce (great on tofu)
- ☐ Nutzo products
- ☐ Pacific Low Sodium Vegetable Stock