

Pregnancy Grocery List



Bread/Grains

- ☐ bread
- ☐ pasta
- ☐ cereal
- ☐ oatmeal
- ☐ soybeans
- ☐ lentils
- ☐ _____
- ☐ _____

Meat

- ☐ beef
- ☐ poultry
- ☐ pork
- ☐ sausage
- ☐ salmon
- ☐ shrimp
- ☐ tofu/tempeh
- ☐ _____
- ☐ _____

Fruits/Veggies

- ☐ apples
- ☐ apricots
- ☐ asparagus
- ☐ artichokes
- ☐ avocados
- ☐ bananas
- ☐ berries
- ☐ broccoli
- ☐ carrots
- ☐ celery
- ☐ garlic
- ☐ grapes
- ☐ kiwi
- ☐ lettuce
- ☐ mangoes
- ☐ melons
- ☐ onions
- ☐ oranges
- ☐ papaya
- ☐ potatoes
- ☐ pumpkin
- ☐ red peppers
- ☐ spinach
- ☐ tomatoes
- ☐ yams
- ☐ winter squash
- ☐ _____
- ☐ _____

Dairy

- ☐ pasteurized milk
- ☐ yogurt
- ☐ butter
- ☐ _____
- ☐ _____

Condiments

- ☐ salad dressing
- ☐ mayonnaise
- ☐ tomato sauce
- ☐ oils/vinegar
- ☐ _____

Beverages

- ☐ juice
- ☐ water
- ☐ _____

Snacks

- ☐ nuts
- ☐ seeds
- ☐ cake
- ☐ _____

Avoid

- * rare meat
- * smoked fish
- * swordfish
- * tuna
- * sushi
- * clams
- * hot dogs
- * deli meats
- * stuffing
- * hummus
- * unpasteurized eggs
- * soft cheeses
- * unpasteurized milk
- * cream
- * custard
- * raw sprouts
- * raw parsley
- * ready-made salads
- * alcohol
- * coffee
- * tea
- * soda
- * cider

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