

Grocery List for Autism



Date :

S M T W T F S

Fruits | Vegetables

- Apples
- Avocado
- Berries
- Broccoli
- Legumes
- Leafy Greens

Dairy*

- Cheese
- Ghee or Butter
- Milk (A2 for digestion)
- Yogurt
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*If your child is sensitive to dairy, choose dairy-free alternatives

Meat | Eggs

- Beef
- Eggs
- Chicken
- Deli Meat (nitrate-free)
- Fish
- Turkey

Grains

- Bread
- Brown Rice
- Cereal or Granola
- Oatmeal
- Pasta
- Quinoa

*If your child is sensitive to grains, choose gluten-free alternatives

Pantry Staples

- Bone Broth
- Beans
- Nut or Seed Butter
- Nuts (almonds, cashews, etc.)
- Seeds (chia, pumpkin, etc.)
- Oils (avocado or olive)

Snacks

- Applesauce
- Beef or Turkey Jerky
- Crackers
- Hummus
- Veggie Chips
- Trail Mix