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
- [ ]
- [ ]

*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