

DATE:

grocery list



fresh produce

- Apples
- Artichokes
- Asparagus
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Grapefruit
- Grapes
- Greens
(collards, kale)
- Green beans
- Green onions
- Herbs
- Lemons, Limes
- Lettuce, bag
- Lettuce, head
- Mushrooms
- Onions
- Oranges
- Parsley
- Peaches
- Pears
- Peppers
- Pineapple
- Potatoes, new
- Raspberries
- Spinach
- Squash *(acorn, butternut)*
- Strawberries
- Sweet potatoes
- Tomatoes
- Watermelon
- Zucchini
- _____

grain, cereal, bread

- Grain & Cereal**
- Barley
- Bran Buds
- Bulgur
- Flour
(whole wheat)
- Muesli
- Oats *(old fashioned)*
- Oats *(steel cut)*
- Pasta
(whole wheat)
- Quinoa
- Rice *(brown or wild)*
- Wheat
- Wheatena
- Bread**
- Buns/Rolls
(whole wheat)
- Low carb bread
- Pita bread
(whole wheat)
- Pumpernickel bread
(whole grain)
- Rye bread
(whole grain)
- Sourdough bread
- Sprouted bread
(whole grain)
- Tortillas *(whole wheat or low carb)*
- Whole wheat bread
- _____

nuts, seeds & dried fruit

- Nuts & Seeds**
- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseed *(ground)*
- Peanuts
- Peanut butter
(no sugar)
- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts
- Dried Fruit**
- Apples
- Apricots
- Blueberries
- Craisins
- Prunes
- Raisins
- _____

canned/dried

- Fruit**
- Applesauce
(no sugar)
- Mandarin oranges
- Peaches
(in light syrup)
- Pineapple
(in juice)
- Fish**
- Clams
- Crab or Shrimp
- Salmon
- Sardines
- Tuna *(in water)*
- Vegetables**
- Artichokes
- Beets
- Corn
- Green beans
- Tomato juice
- Tomato paste
- Tomato sauce
- Tomatoes
- Legumes**
- Black beans
- Cannelini beans
- Dried peas
- Dried beans
- Garbanzo beans
- Kidney beans
- Pink beans
- Pinto beans
- Lentils
- _____

lean protein

- Chicken *(breast)*
- Chicken *(whole)*
- Fish
- Ground beef
(extra lean)
- Ham *(lean)*
- Pork chop *(lean)*
- Pork tenderloin
- Protein powder
(low sugar)
- Shrimp
- Steak *(round)*
- Steak *(tenderloin)*
- Turkey *(breast)*
- Turkey *(ground breast)*
- Turkey *(meatballs)*
- _____

snacks

- Crackers *(baked whole wheat)*
- Crackers
(whole grain)
- Popcorn *(low fat)*
- Popcorn kernels
(air popped)
- Pretzels
(whole wheat)
- Rye Crisp
- Tortilla chips
(baked whole corn)
- _____

condiments

- Mayonnaise
(low fat)
- Mustard
- Oil (Canola)
- Oil (Olive)
- Salad dressing
(canola based)
- Spices
- Vinegar (balsamic)
- Vinegar (red wine)
- _____

dairy

- Buttermilk
- Cheese *(low fat)*
- Cottage cheese
(low fat)
- Cream cheese
(fat free)
- Eggs
- Egg whites or egg substitute
- Milk *(skim or 1%)*
- Milk *(soy or almond)*
- Mozzarella
(part skim)
- Parmesan cheese
- Sour cream
(low fat)
- Spread
(trans fat free)
- Tofu
- Yogurt *(Greek low fat)*
- Yogurt *(light or nonfat)*
- _____

frozen

- Broccoli, carrot, cauliflower mix
- Chicken *(breast or tenders)*
- Corn
- Edamame
- Green beans
- Peas
- Soy crumbles
- Spinach
- Squash
- Stir fry mix
- Veggie burger
- _____

other

- _____
- _____
- _____
- _____
- _____
- _____

notes

ALWAYS READ NUTRITION FACT LABELS AND CHOOSE LOW SODIUM AND SATURATED FAT OPTIONS.