

# SHOPPING LIST

## VEGETABLES

- Carrots - fresh/frozen
- Squash
- Zucchini
- Lettuce - other than Iceberg
- Spinach - fresh/frozen
- Mushrooms
- Onions
- Beans - dried/canned
- Lentils - dried
- Peas - fresh/frozen
- Cabbage
- Broccoli - fresh/frozen
- Asparagus
- Celery
- Cucumbers
- Radishes
- Garlic
- Cauliflower
- Beets
- Tomatoes
- Avocados
- Corn - fresh/frozen
- Sweet Potatoes
- Peppers

## GRAINS, CEREALS, NUTS

- Brown Rice
- Shredded Wheat Cereal
- Old Fashioned Oats
- Quinoa
- Bobs 10 Grain Cereal
- Barley
- Kashi 7 grain pilaf
- Wild rice
- Amaranth
- Whole Wheat Pasta

- Kashi Go-lean Cereal
- Chips - whole grain
- Flat Bread - whole grain
- Whole Grain Bread
- Flax Seed - whole /ground
- Peanuts - unsalted
- Walnuts
- Sunflower seeds
- Almonds - unsalted

## FRUITS

- Blueberries - fresh/frozen
- Strawberries - fresh/frozen
- Bananas
- Pineapple - fresh/unsweetened can
- Cherries - fresh/unsweetened dried
- Lemons
- Cantaloupe
- Pears
- Plums
- Oranges
- Peaches
- Apples
- Grapes
- Kiwi
- Watermelon
- Raisins
- Apricots - fresh/unsweetened dried
- Dates - unsweetened dried
- Coconut - fresh/unsweetened shredded

## BEVERAGES, DAIRY

- Coffee - decaffeinated
- Green Tea - decaffeinated
- Herbal Tea
- Water
- V8 Juice - low sodium

- Orange Juice
- Non-Fat Milk
- Cheese - Hard
- Greek Yogurt - plain
- Eggs
- Soy Milk
- Sour Cream - non-fat

## MEATS

- Chicken - skinless breasts or tenders, frozen/fresh
- Fish - fresh/frozen
- Beef - lean
- Pork - lean
- Turkey - skinless, fresh/frozen

## CONDIMENTS, SPICES, MISC

- Peanut Butter - natural
- Honey
- Salsa - check ingredients
- Horseradish
- Mustard
- Ginger Root
- Olive Oil
- Vinegar -
- Soy Sauce
- Cinnamon
- Garlic Powder
- Italian Spices
- Mexican Spices

## PLEASE NOTE

- Read Ingredients Carefully. Single ingredient foods are best. Avoid salt, sugar (all forms), simple carbohydrates, bleached flour and processed foods.
- Try to buy fruits and vegetables in season.