



Shopping List

Fresh Vegetables:

- lettuce
- spinach
- tomatoes
- cucumbers
- bell peppers
- mushrooms
- avocado
- carrots
- celery
- broccoli
- zucchini
- squash
- kale, collards, etc.
- cauliflower
- cabbage
- corn
- onions
- garlic
- potatoes
- other

Condiments:

- ketchup
- mustard
- relish
- soy sauce
- vinegar
- Worcestershire
- mayonnaise
- syrup
- salad dressing
- jam
- chocolate syrup
- other

Fresh Fruits:

- strawberries
- bananas
- apples
- pears
- peaches
- plums
- watermelon
- cantaloupe
- honeydew
- pineapple
- oranges
- grapefruit
- lemons/limes
- grapes
- other _____

Bread:

- 100% whole wheat
- whole wheat pitas
- flour or corn tortillas
- other

Cereal:

- Buy whole grain cereal with more than 3g fiber and less than 10g sugar per serving.
- shredded wheat
 - oatmeal
 - other

Frozen:

Fruits

Vegetables

Dried:

- beans
- lentils
- brown rice
- macaroni
- lasagna
- spaghetti
- raisins
- walnuts
- vanilla extract
- baking powder
- baking soda
- cocoa powder
- peanut butter
- herbs

- spices

- vegetable oil
- other

Canned:

- tomatoes
- tomato paste
- tomato sauce
- pasta sauce
- black beans
- pinto beans
- kidney beans
- soup
- chicken broth
- canned fruit in juice
- apple sauce
- can vegetables
- tuna fish
- other

Dairy:

- yogurt
- low-fat cheese
- skim milk
- orange juice
- sour cream
- other

Poultry/Fish:

- turkey
- chicken breast
- lean ground meat
- fish
- other
