



### Grocery List

Here are a few suggestions to help get you started

<p><b>PRODUCE</b> (choose in-season options) Vegetables:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Romaine lettuce</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Squash</li> <li><input type="checkbox"/> Turnip</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Collards</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Sweet Potatoes</li> <li><input type="checkbox"/> Potatoes</li> <li><input type="checkbox"/> Zucchini (baby squash)</li> <li><input type="checkbox"/> Tomato</li> <li><input type="checkbox"/> Pumpkin</li> <li><input type="checkbox"/> Sauerkraut</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Berries (blueberries, blackberries, raspberries, strawberries)</li> </ul> <p>Fresh or Frozen no sugar added</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apples</li> <li><input type="checkbox"/> Bananas</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Avocado</li> </ul>	<p><b>MEAT, POULTRY, SEAFOOD, &amp; MEAT ALTERNATIVES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken breast</li> <li><input type="checkbox"/> Pork tenderloin</li> <li><input type="checkbox"/> Salmon</li> <li><input type="checkbox"/> Tilapia, cod, or other white fish</li> <li><input type="checkbox"/> Firm and silken tofu</li> <li><input type="checkbox"/> Textured vegetable protein</li> <li><input type="checkbox"/> Beef tenderloin</li> <li><input type="checkbox"/> Bison</li> <li><input type="checkbox"/> Lean ground turkey</li> <li><input type="checkbox"/> Lean ground chicken</li> </ul> <p><b>DAIRY</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs (omega-3 variety)</li> <li><input type="checkbox"/> Skim milk</li> <li><input type="checkbox"/> Fat-free soymilk, rice milk or almond milk</li> <li><input type="checkbox"/> Fat-free, sugar-free plain yogurt or greek yogurt</li> <li><input type="checkbox"/> Butter</li> <li><input type="checkbox"/> Kefir</li> </ul> <p><b>CONDIMENTS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mustard</li> <li><input type="checkbox"/> Salsa</li> <li><input type="checkbox"/> All-natural, sugar-free tomato sauce</li> <li><input type="checkbox"/> Unsweetened, organic applesauce</li> <li><input type="checkbox"/> Honey</li> </ul>	<p><b>NUTS, SEEDS, OILS, AND SNACKS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Unsalted almonds, cashews, walnuts</li> <li><input type="checkbox"/> Unsalted sunflower seeds</li> <li><input type="checkbox"/> Nut &amp; seed butters (almond, cashew, peanut, tahini) – no added sugar or oils</li> <li><input type="checkbox"/> Flaxseed</li> <li><input type="checkbox"/> Extra-virgin olive oil</li> <li><input type="checkbox"/> Safflower oil</li> <li><input type="checkbox"/> Pumpkin oil</li> <li><input type="checkbox"/> Pam (or non-stick spray)</li> <li><input type="checkbox"/> Other exotic oils – coconut</li> </ul> <p><b>CEREALS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Muesli</li> <li><input type="checkbox"/> Weetabix</li> <li><input type="checkbox"/> Kashi Go Lean</li> <li><input type="checkbox"/> Shredded Wheat</li> <li><input type="checkbox"/> All-Bran</li> <li><input type="checkbox"/> Steel-cut oats</li> <li><input type="checkbox"/> Cream of Wheat</li> <li><input type="checkbox"/> Oatmeal – not instant</li> </ul>
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**DRY GOODS**

- Brown rice
- Wheat germ
- Oats
- Oat bran
- Quinoa
- Bulgur
- Millet
- Baking soda
- Whole-wheat flour
- Baking powder
- Vanilla, best quality
- Sea salt
- Sugar substitute (Agave nectar, honey, stevia)
- Other whole-grain flours (quinoa, amaranth, spelt)

**CANNED GOODS**

- Chickpeas
- Beans (navy, white, kidney, etc.)
- Lentils
- Tomatoes (crushed or whole)
- Water-packed tuna
- Water-packed salmon
- Low-fat, sugar-free, low-sodium soups
- Low-sodium corn and peas
- Tomato paste
- Low-sodium chicken or vegetable stock

**BEVERAGES**

- Green tea
- Coffee
- Water

**MISCELLANEOUS**

- Balsamic vinegar
- Rice vinegar
- Lemon juice
- Lime juice
- Apple cider vinegar