

Grocery List

PANTRY

Grains

- Whole grain breads
- Crackers
- Whole grain rice & pasta
- Oatmeal & hot cereal
- Couscous, bulgur & quinoa
- Cereal
- Natural popcorn
- Flour & breadcrumbs
- Whole Grain Cereal

Fruit/Vegetables

- Canned & dried fruit
- Applesauce (unsweetened)
- Potatoes & sweet potatoes
- Onions & garlic
- Canned tomatoes & veggies
- Instant mashed potatoes

Dairy

- Nonfat dry milk or whey protein powder
- Evaporated Milk

Proteins

- Canned fish & chicken (packed in water)
- Natural peanut & almond butter
- Unsalted nuts & seeds
- Canned & dried beans/peas
- Protein bars

Fats & Oils

- Olive & canola oil
- Cooking spray

Other

- Low-sodium soup & stock
- Dried herbs & spices
- Assorted vinegars
- Decaffeinated teas
- Decaffeinated coffee
- Flavored drink mixes
- Pudding & gelatin
- Honey, sugar, or stevia

Extra Groceries

- | | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

Grocery List

REFRIGERATOR & FREEZER

Grains

- Whole grain waffles
- Whole grain breads

Fruits/Vegetables

- Fresh fruits & veggies
- Packaged salad
- 100% juice concentrate
- Tomato or Fruit Salsa

Dairy

- Low-fat milk
- Low-fat yogurt
- Low-fat cheese
- Low-fat cottage & ricotta cheese
- Fortified soy, almond & rice milk
- Sherbet, yogurt & ice cream

Proteins

- Eggs
- Skinless chicken breast
- Lean pork
- Lean beef
- Turkey breast
- Deli meats (nitrate free)
- Hummus
- Fish or shrimp

Fats & Oils

- Low-fat mayonnaise
- Low-fat salad dressings
- Low-fat sour cream
- Soft trans-fat-free margarine (in a tub)

Other

- Fortified 100% juice
- Sports drinks
- Nutrition drinks
- Popsicles
- Ready-to-eat meals

Extra Groceries

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