

week 1

shopping list

FRUIT

Apples
Applesauce (unsweetened)
Bananas
Berries (any variety, fresh or frozen)
Canned fruit (in juice)
Fruit juice (100% juice, no sugar added)
Grapes
Lemons
Oranges
Peaches
Strawberries

VEGETABLE

Bell peppers (green, red, and yellow)
Broccoli
Carrots
Cauliflower
Celery
Cucumbers
Green beans (fresh or frozen)
Jalapeño peppers (optional)
Marinara sauce
Mixed salad greens
Onions (red, white)
Tomatoes (canned, diced)
Tomatoes (fresh)
Vegetable juice
Zucchini

CARB

Animal crackers
Brown rice
Chicken noodle soup (canned, low sodium)
English muffins (whole wheat)
Graham crackers
Oatmeal
Pasta (whole wheat)
Pretzels (whole wheat)
Rice cakes (10 cm / 4 in., any flavor)
Saltine crackers
Whole grain crackers

DAIRY/EGGS

Cheddar cheese (low fat)
Cottage cheese (2% or less)
Almond Milk (Vanilla Unsweetened)
Parmesan cheese (grated)
String cheese (low fat)
Yogurt (nonfat or low fat, up to 90 calories per serving)

MEAT

Beef (ground, lean)
Beef steak (lean)
Chicken breast (boneless, skinless)
Fish (white)
Tuna (canned, water packed)
Turkey breast (ground, lean)
*Nitrate free

OIL/CONDIMENTS/ NUTS/SPICES

Balsamic vinegar
Vegetable oil
Chili powder
Cinnamon
Cumin
Flaxseed (whole or oil)
Garlic powder
Italian seasoning
Butter
Mayonnaise (reduced fat)
Olive oil
Peanut butter
Pepper
Red wine vinegar
Salad dressing (reduced fat)
Salt
Sesame oil
Soy sauce (low sodium)
Chia Seeds

MISCELLANEOUS

Black olives
Broth (chicken, vegetable, or bouillon)
Garlic cloves
Gelatin (sugar free)
Kidney beans (canned)
Lemon juice
Lime juice
Vanilla extract
Whipped topping (reduced calorie)