



## Week 2 Grocery List

### Produce

#### Fruit

- Apples
- Pears
- Oranges
- Blueberries
- Red seedless grapes

- Mixed berries
- Bananas
- Pineapple
- Strawberries
- Muskmelon

#### Vegetables

- Baby carrots
- Green bell pepper
- Red bell pepper
- Yellow bell pepper
- Yellow onion
- Red onion
- Mushrooms
- Tomatoes
- Green beans
- Baking potatoes
- Sweet potatoes
- Shredded red cabbage

- Shredded carrots
- Carrots
- Green leaf lettuce
- Red leaf lettuce
- Romaine lettuce
- Cherry tomatoes
- Asparagus
- Broccoli
- Cauliflower
- Summer squash
- Zucchini

#### Canned Fruit/Dried Fruit/Juice

- Orange juice
- Pitted dates
- Sliced pears
- Dried cranberries

#### Canned Vegetables/Vegetable Sauces

- Salsa
- No-salt-added tomatoe sauce
- No-salt-added tomato paste
- Crushed tomatoes
- Low-sodium minestrone soup
- Low-sodium bean and vegetable soup

#### Dairy

- Fat-free milk
- Part-skim mozzarella string cheese
- lowfat vanilla yogurt
- Lowfat ice cream
- Sliced cheddar cheese
- Egg
- Egg substitute
- Lowfat Swiss cheese
- Grated parmesan cheese
- Feta cheese

#### Meat, Poultry & Seafood

- Canned tuna
- Lean sliced roast beef
- Chicken breast halves
- Lean ground turkey
- Ground round
- Tuna steaks
- Salmon fillets
- Pork loin chops

#### Grains & Legumes

- Old-fashioned oats
- Whole-wheat bread
- Whole-grain bagels
- Whole-wheat noodles
- Whole-wheat couscous
- Black beans (dried or canned)
- Brown rice
- Flour tortillas
- Bran flakes cereal
- Fiber One® cereal
- Barley

### Frozen Foods

- Blueberries

#### Seasonings

- Cilantro
- Cinnamon
- Garlic
- Basil
- Parsley
- Sesame seeds
- Minced onion
- Paprika
- Italian seasoning
- Ground ginger
- Crushed red pepper
- Grated orange peel
- Cardamom
- Dill weed
- Salt
- Pepper

#### Staples

- Canola oil
- Olive oil
- Vinegar
- Balsamic vinegar
- White wine vinegar
- Apple cider vinegar
- Nonstick cooking spray
- Baking powder
- Brown sugar
- All-purpose flour
- Baking soda
- Sugar
- Whole-wheat flour
- Bread flour

#### Miscellaneous Items

- Chopped walnuts
- Sliced almonds
- Slivered almonds
- Natural peanut butter
- Lite soft tub margarine
- Light mayonnaise
- Nonfat dry milk
- Active dry yeast
- Light maple syrup
- Butter
- Sesame seeds
- Low-sodium soy sauce
- Sesame oil
- Worcestershire sauce
- Green olives
- Capers
- Lemon juice
- Anchovy paste
- Dijon mustard
- Dry sherry
- Salad dressing
- Sliced black olives