



## Week 3 Grocery List

### Produce

#### Fruit

- Apples
- Pears
- Strawberries
- Blueberries

- Banana
- Cantaloupe
- Honeydew melon
- Watermelon

#### Vegetables

- Baby carrots
- Green bell pepper
- Yellow bell pepper
- Red bell pepper
- Yellow onions
- Green onions
- Tomatoes
- Asparagus
- Baking potatoes
- Sweet potatoes
- Red potatoes
- Celery

- Shredded carrots
- Shredded red cabbage
- Green leaf lettuce
- Red leaf lettuce
- Romaine lettuce
- Carrots
- Green beans
- Broccoli
- Snow pea pods
- Zucchini
- Yellow squash

#### Canned Fruit/Dried Fruit/Juice

- Orange juice
- Pineapple tidbits
- Tropical fruit salad
- Pineapple chunks in water

- Apricots
- Mandarin oranges
- Sliced pears

#### Dairy

- 1% lowfat milk
- Nonfat vanilla yogurt
- Lowfat ice cream
- Grated parmesan cheese
- Lowfat flavored puddings
- Part-skim mozzarella string cheese
- Bake and serve breadsticks
- Fat-free skim milk

- Nonfat plain yogurt
- Lowfat flavored yogurt
- Lowfat plain yogurt
- Egg substitute
- Eggs

#### Meat, Poultry & Seafood

- Canned tuna
- Chicken breast halves
- Turkey tenderloin
- Pork tenderloin
- Orange roughy fillets

- Ground sirloin
- Lean ham slices
- Salmon fillets
- Pork loin chops

#### Grains & Legumes

- Quick-cooking oats
- Whole-wheat bread
- Whole-grain bagels
- Whole-wheat pita pockets
- Whole-grain crackers
- Whole-grain English muffins
- Small whole-grain rolls
- Whole-wheat couscous
- Egg noodles

- Angel hair pasta
- Brown rice
- Wheat germ
- Bran flakes cereal
- Fiber One® cereal
- Nutty Nuggets® cereal
- Rye bread
- Whole-wheat buns
- Barley
- Canned garbanzo beans

### Frozen Foods

- Blueberries
- Broccoli
- French-style green beans

### Seasonings

- Bay leaves
- Cinnamon
- Garlic
- Basil
- Parsley
- Sesame seeds
- Thyme
- Paprika
- Garlic powder
- Lemon pepper
- Italian seasoning
- Ground ginger
- Vanilla extract
- Grated orange peel
- Poultry seasoning
- Lemon grass
- Rosemary
- Chili powder
- Salt/pepper
- Ground cumin

### Staples

- Canola oil
- Olive oil
- Vinegar
- Balsamic vinegar
- Rice vinegar
- Nonstick cooking spray
- Sugar
- Brown sugar
- All-purpose flour
- Cornstarch
- Bread crumbs

### Miscellaneous Items

- Chopped walnuts
- Sliced almonds
- Honey
- Natural peanut butter
- Lite soft tub margarine
- Light mayonnaise
- Fat-free cream cheese
- Light sour cream
- Light maple syrup
- Butter
- Low-sodium chicken broth
- Low-sodium soy sauce
- Sesame oil
- Worcestershire sauce
- Croutons
- Sweet pickle relish
- Hot pepper sauce
- Lemon juice
- Dijon mustard
- Chili sauce
- Low-sodium ketchup
- Salad dressing