



Week 4 Grocery List

Produce

Fruit

- Apples
- Pears
- Red seedless grapes
- Green seedless grapes
- Blueberries
- Plums

- Cantaloupe
- Bananas
- Fresh pineapple
- Oranges
- Strawberries
- Mixed berries

Vegetables

- Baby carrots
- Green bell pepper
- Red bell pepper
- Yellow bell pepper
- Baking potatoes
- Sugar snap peas
- Yellow onion
- Fresh basil

- Celery
- Carrots
- Green leaf lettuce
- Red leaf lettuce
- Romaine lettuce
- Broccoli
- Zucchini
- Clove of garlic

Canned Fruit/Dried Fruit/Juice

- Unsweetened applesauce
- Mandarin oranges
- Pumpkin
- Pineapple chunks in water
- Sliced peaches
- Peach halves

Canned Vegetables/Vegetable Sauces

- Salsa
- No-salt-added stewed tomatoes
- Spaghetti sauce
- Pizza sauce
- Low-sodium beef broth
- Reduced sodium tomato soup

Dairy

- Fat-free milk
- Lowfat vanilla yogurt
- Shredded Monterey Jack cheese
- Grated parmesan cheese
- Shredded cheddar cheese
- Shredded part-skim mozzarella cheese
- Lowfat Swiss cheese
- Eggs
- Egg substitute
- Pizza dough (10 oz. package)
- Bake and serve corn breadsticks

Meat, Poultry & Seafood

- Flounder fillets
- Lean sliced turkey
- Chicken breast halves
- Lean sliced ham
- Pork tenderloin
- Pork loin chops
- Round steak

Grains & Legumes

- Quick-cooking oats
- Whole-wheat bread
- Whole-grain bagels
- Small whole-grain rolls
- Canned black beans
- Pearled barley
- Whole-wheat buns
- Brown rice
- Corn tortillas
- Rye bread
- Wheaties®
- Cheerios®
- Fiber One® cereal

Frozen Foods

- Whole-grain waffles
- Blueberries
- Spinach

Seasonings

- Oregano
- Cinnamon
- Allspice
- Basil
- Sesame seeds
- Ground cumin
- Parsley flakes
- Vanilla
- Ground ginger
- Bay leaf
- Fennel seeds
- Crushed red pepper
- Chili powder
- Salt
- Pepper

Staples

- Canola oil
- Olive oil
- Vinegar
- Lemon juice
- Cornmeal
- Nonstick cooking spray
- Sugar
- Baking powder
- Brown sugar
- All-purpose flour
- Cornstarch
- Whole-wheat flour
- Baking soda

Miscellaneous Items

- Chopped walnuts
- Sliced almonds
- Light maple syrup
- Natural peanut butter
- Lite soft tub margarine
- Lowfat salad dressing
- Lowfat ranch dressing
- Dijon mustard
- Low-sodium chicken broth
- Low-sodium soy sauce
- Chili sauce
- Sweet and sour sauce
- Worcestershire sauce
- Apricot preserves
- Water chestnuts
- Baked tortilla chips