



Week 5 Grocery List

Produce

Fruit

- Apples
- Mango
- Seedless green grapes
- Blueberries
- Plums
- Honeydew melon
- Strawberries
- Bananas
- Oranges
- Peaches
- Cantaloupe
- Mixed berries

Vegetables

- Baby carrots
- Green bell pepper
- Red bell pepper
- Yellow bell pepper
- Yellow onion
- Red onion
- Mushrooms
- Tomatoes
- Roma tomatoes
- Garlic cloves
- Red potatoes
- Celery
- Carrots
- Green leaf lettuce
- Red leaf lettuce
- Spinach
- Romaine lettuce
- Asparagus
- Broccoli
- Fresh cilantro
- Zucchini

Canned Fruit/Dried Fruit/Juice

- Apple juice
- Applesauce
- Dried cranberries
- Raisins
- Mandarin oranges
- Pineapple juice
- Sliced pears
- Pineapple tidbits
- Pineapple slices

Canned Vegetables/Vegetable Sauces

- Baby corn
- No-salt-added tomato sauce
- No-salt-added stewed tomatoes
- Sliced water chestnuts

Dairy

- Fat-free milk
- Lowfat vanilla yogurt
- Lowfat ice cream
- Part-skim shredded mozzarella
- Pizza dough (10 oz. package)
- Bake and serve breadsticks
- Lowfat cheddar cheese
- Lowfat cottage cheese
- Eggs
- Egg substitutes

Meat, Poultry & Seafood

- Pork tenderloin
- Lean sliced roast beef
- Chicken breasts
- Lean sliced deli turkey
- Round steak
- Sirloin steak
- Salmon fillets
- Bacon

Grains & Legumes

- Quick-cooking oats
- Whole-wheat bread
- Whole-grain bagels
- Small whole-grain rolls
- Whole-wheat pita
- Black beans (dried or canned)
- Wild rice
- Brown rice
- Nutty Nuggets® cereal
- Bran flakes cereal
- Cheerios®
- Mini shredded wheat
- Barley
- Couscous

Frozen Foods

- Blueberries
- Carrots
- Broccoli
- Corn

Seasonings

- Dry mustard
- Cinnamon
- Garlic
- Basil
- Bay leaf
- Sesame seeds
- Minced onion
- Paprika
- Nutmeg
- Ground ginger
- Red pepper flakes
- Tarragon
- Poppy seeds
- Oregano
- 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
- Lowfat salad dressing
- Italian salad dressing
- Baked potato chips
- Low-sodium teriyaki sauce
- Whipped topping
- Low-sodium beef broth
- Low-sodium chicken broth
- Low-sodium vegetable broth
- Low-sodium soy sauce
- Sesame oil
- Lime juice
- BBQ sauce
- Low-sodium ketchup
- White wine
- Ranch dressing
- Lite chocolate syrup
- Pretzels
- Fortune cookies
- Light maple syrup