



Week 6 Grocery List

Produce

Fruit

- Apples
- Plums
- Strawberries
- Blueberries
- Cantaloupe
- Red seedless grapes
- Mixed berries
- Honeydew melon
- Oranges

Vegetables

- Baby carrots
- Green bell pepper
- Red bell pepper
- Celery
- Yellow onion
- Red onion
- Tomatoes
- Green onions
- Baking potatoes
- Red potatoes
- Asparagus
- Fresh cilantro
- Shredded carrots
- Shredded red cabbage
- Green leaf lettuce
- Red leaf lettuce
- Romaine lettuce
- Carrots
- Green beans
- Broccoli
- Sugar snap peas
- Cherry tomatoes
- Mushrooms
- Fresh parsley

Canned Fruit/Dried Fruit/Juice

- Sliced pears
- Raisins
- Apple juice
- Sliced peaches
- Mandarin oranges

Canned Vegetables/Vegetable Sauces

- No-salt-added tomato sauce
- Tomato sauce
- Salsa

Dairy

- Fat-free skim milk
- Nonfat vanilla yogurt
- Lowfat ice cream
- Grated parmesan cheese
- Shredded cheddar cheese
- Part-skim shredded mozzarella
- Bake and serve breadsticks
- Lowfat Swiss cheese
- Feta cheese, crumbled
- Light sour cream
- Cheddar cheese
- Eggs
- Egg substitute

Meat, Poultry & Seafood

- Canned tuna
- Lean sliced turkey
- Chicken breast halves
- Pork tenderloin
- Sirloin steak
- Lean ham slices
- Salmon fillets
- Cod fillets

Grains & Legumes

- Quick-cooking oats
- Whole-wheat bread
- Whole-grain bagels
- Whole-wheat pita bread
- Whole-wheat tortillas
- Whole-wheat noodles
- Canned black beans
- Arborio rice
- Brown rice
- Cheerios®
- Bran flakes cereal
- Grape-Nuts® cereal
- Flour tortillas
- Small whole-grain rolls
- Dried split peas

Frozen Foods

- Blueberries
- Broccoli
- Green beans
- Corn

Seasonings

- Cumin
- Chili powder
- Garlic cloves
- Basil
- Marjoram
- Sesame seeds
- Thyme
- Paprika
- Garlic powder
- Rosemary
- Dry mustard
- Italian seasoning
- Cinnamon
- Vanilla extract
- Grated orange peel
- Lemon rind
- Nutmeg
- Ground cloves
- Celery salt
- Salt
- Pepper

Staples

- Canola oil
- Olive oil
- Vinegar
- Balsamic vinegar
- White wine vinegar
- Nonstick cooking spray
- Cocoa
- Sugar
- Brown sugar
- All-purpose flour
- Cornstarch
- Bread crumbs
- Seasoned bread crumbs
- Baking soda

Miscellaneous Items

- Chopped walnuts
- Sliced almonds
- Slivered almonds
- Natural peanut butter
- Lite soft tub margarine
- Light mayonnaise
- Fat-free mayonnaise
- Light maple syrup
- Low-sodium chicken broth
- Low-sodium vegetable broth
- Sliced black olives
- Low-sodium soy sauce
- Low-sodium beef broth
- Marsala wine
- Dry white wine
- Salad dressing
- Fat-free Italian dressing
- Lemon juice
- Chili sauce