



Week 1 Grocery List

Produce

Fruit

- Apples
- Pears
- Red seedless grapes
- Blueberries
- Strawberries

- Honeydew melon
- Bananas
- Oranges
- Mixed berries
- Cantaloupe

Vegetables

- Baby carrots
- Green bell pepper
- Red bell pepper
- Yellow bell pepper
- Green onions
- Mushrooms
- Tomatoes
- Red potatoes
- Baking potatoes
- Sweet potatoes
- Red onion
- Yellow onion

- Celery
- Carrots
- Green leaf lettuce
- Red leaf lettuce
- Romaine lettuce
- Asparagus
- Broccoli
- Green beans
- Sugar snap peas
- Shredded red cabbage
- Shredded carrots

Canned Fruit/Dried Fruit/Juice

- Unsweetened applesauce
- Mandarin oranges
- Dried cranberries
- Pineapple chunks in water
- Apple juice
- Raisins
- Sliced peaches

Canned Vegetables/Vegetable Sauces

- Salsa
- No-salt-added stewed tomatoes
- Low-sodium canned diced tomatoes
- Chopped green chilies
- Artichoke hearts

Dairy

- Fat-free milk
- Lowfat flavored yogurt
- Grated parmesan cheese
- Sliced cheddar cheese
- Eggs or egg substitute
- Lowfat plain yogurt
- 1% lowfat buttermilk
- Shredded cheddar cheese
- Part-skim mozzarella string cheese
- Shredded reduced-fat cheddar cheese

Meat, Poultry & Seafood

- Canned tuna
- Lean sliced turkey
- Chicken breast halves
- Pork tenderloin
- Beef tenderloin
- Tilapia fillets
- Salmon fillets
- Pork loin chops

Grains & Legumes

- Quick-cooking oats
- Whole-wheat bread
- Whole-grain bagels
- Canned black beans
- Canned cannellini beans
- Dried navy beans
- Brown rice
- Whole-wheat tortillas
- Mini shredded wheat
- Canned kidney beans

Frozen Foods

- Corn
- Broccoli
- Spinach

Seasonings

- Cilantro
- Cinnamon
- Garlic
- Basil
- Dry mustard
- Celery salt
- Paprika
- Parsley
- Ginger
- Thyme
- Garlic powder
- Ground red pepper
- Chili powder
- Ground cumin
- Salt
- Pepper

Staples

- Canola oil
- Olive oil
- Vinegar
- Balsamic vinegar
- White wine vinegar
- Nonstick cooking spray
- Sugar
- Baking powder
- Brown sugar
- All-purpose flour
- Cornstarch
- Breadcrumbs
- Honey

Miscellaneous Items

- Chopped walnuts
- Sliced almonds
- Cashew halves
- Natural peanut butter
- Lite soft tub margarine
- Light mayonnaise
- Ranch dressing
- Nonfat cream cheese
- Light sour cream
- Salad dressing
- Low-sodium chicken broth
- Low-sodium soy sauce
- Chili sauce
- Hot pepper sauce
- Butter
- Brownie mix
- Instant coffee granules
- Mini chocolate chips
- Fortune cookies
- Molasses
- Fat-free Italian dressing

- Small whole-grain rolls