



GROCERY SHOPPING LIST

(BEST FOODS TO HAVE ON-HAND)

<p><u>FRUIT</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Avocado <input type="checkbox"/> Bananas <input type="checkbox"/> Blueberries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Cranberries <input type="checkbox"/> Grapes <input type="checkbox"/> Grapefruit <input type="checkbox"/> Guava <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Mango <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Pineapple <input type="checkbox"/> Plums <input type="checkbox"/> Pomegranate <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Watermelon 	<p><u>VEGETABLES</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Butternut Squash <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Corn <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Green Beans <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onion <input type="checkbox"/> Peas <input type="checkbox"/> Potatoes <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radishes <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Sprouts <input type="checkbox"/> Squash <input type="checkbox"/> Sweet Peppers <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini 	<p><u>GRAINS</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pasta, whole wheat (ww) <input type="checkbox"/> Bread Products, ww <input type="checkbox"/> English Muffins, ww <input type="checkbox"/> Pita Bread, ww <input type="checkbox"/> Brown Rice <input type="checkbox"/> Quinoa <input type="checkbox"/> Polenta <input type="checkbox"/> Barley <input type="checkbox"/> Couscous <input type="checkbox"/> Tortillas, ww/corn <p style="text-align: center;"><u>CEREALS</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Oatmeal, plain <input type="checkbox"/> Cream of Wheat <input type="checkbox"/> Malt-o-meal <input type="checkbox"/> Cereal:8g sugar/5g fiber <p style="text-align: center;"><u>SNACKS</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Crackers, ww <input type="checkbox"/> Popcorn, lite/air popped <input type="checkbox"/> Pretzels, whole wheat <p style="text-align: center;"><u>DAIRY</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Milk, non-fat/1%/soy <input type="checkbox"/> Yogurt, non-fat/light/soy <input type="checkbox"/> Cottage Cheese <input type="checkbox"/> String Cheese <input type="checkbox"/> Mozzarella Cheese <input type="checkbox"/> Margarine, no trans fat <input type="checkbox"/> Sour Cream, non-fat 	<p><u>PROTEIN</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Beans <input type="checkbox"/> Beef, lean (<6g fat) <input type="checkbox"/> Chicken, white meat <input type="checkbox"/> Edamame <input type="checkbox"/> Eggs & Egg Whites <input type="checkbox"/> Ham, lean <input type="checkbox"/> Lentils <input type="checkbox"/> Nuts, almonds & walnuts <input type="checkbox"/> Nut Butters <input type="checkbox"/> Pork Loin <input type="checkbox"/> Salmon <input type="checkbox"/> Seeds <input type="checkbox"/> Shellfish <input type="checkbox"/> Soy patties or links <input type="checkbox"/> Tofu, firm or baked <input type="checkbox"/> Tuna <input type="checkbox"/> Turkey, lean <p style="text-align: center;"><u>CANS AND JARS</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple Sauce, no sugar <input type="checkbox"/> Balsamic Vinegar <input type="checkbox"/> Beans <input type="checkbox"/> Broths <input type="checkbox"/> Fruit, canned in juice <input type="checkbox"/> Lime/lemon Juice <input type="checkbox"/> Olives <input type="checkbox"/> Olive and Canola Oil <input type="checkbox"/> Soups, broth based <input type="checkbox"/> Tomato sauces <input type="checkbox"/> Tuna, canned in water <input type="checkbox"/> Vegetables, low salt <p style="text-align: center;"><u>FROZEN</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Fruit, no sugar added <input type="checkbox"/> Vegetables, no sauces <input type="checkbox"/> Entrees:300 cal, lo sodium
<p><u>BEVERAGES</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Water <input type="checkbox"/> Veg Juice <input type="checkbox"/> Herbal Tea <input type="checkbox"/> 100% Fruit Juice <input type="checkbox"/> Hot Cocoa 	<p><u>MISCELLANEOUS</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Flaxseed, ground <input type="checkbox"/> Herbs <input type="checkbox"/> Honey <input type="checkbox"/> Mayonnaise, lo-fat <input type="checkbox"/> Mustard <input type="checkbox"/> Salad dressing, lo-fat <input type="checkbox"/> Spices 		