Grocery List

Fruits
(organic when possible, esp. *)
☐ apples*
☐ avocados
☐ bananas
☐ berries*
☐ cherries*
☐ grapefruit
☐ grapes*
☐ lemons
☐ melons
☐ oranges
☐ peaches*
☐ pears*

Vegetables
(organic when possible, esp. *)
☐ artichokes
☐ broccoli
☐ cauliflower
☐ carrots
☐ celery*
☐ corn
☐ cucumbers*
☐ leaf lettuces*
☐ mushrooms
☐ onions
☐ peppers*
☐ potatoes
☐ spinach*
☐ sweet potatoes
☐ squash
☐ tomatoes

Herbs
☐ basil
☐ dill
☐ mint
☐ oregano
☐ rosemary
☐ sage
☐ thyme

Meat
(organic or grass fed when possible)
☐ chicken thighs (without skin)
☐ chicken breasts (without skin)
☐ ground chicken
☐ ground turkey
☐ pork tenderloin
☐ sliced chicken
☐ sliced turkey

Seafood
☐ salmon(wild Alaskan)
☐ shrimp
☐ tilapia(from US or Latin America)
☐ Tuna (US Albacore or US Yellowfin)

Condiments
☐ black pepper
☐ organic catsup
☐ Dijon mustard
☐ fresh or minced garlic
☐ honey
☐ hot red pepper sauce
☐ lemon juice
☐ maple syrup (no HFCS)
☐ light mayonnaise (preferably olive oil based)
☐ nonstick cooking spray
☐ olive oil
☐ sea salt
☐ low-sodium soy sauce (or tamari)
☐ apple cider vinegar
☐ balsamic vinegar
☐ wine vinegar

Breakfast
☐ Cream of Wheat
☐ Kashi cereals
☐ muesli
☐ Non-sugared oatmeal (preferably steel cut oats)
☐ whole grain, wheat, or oat cereal (with at least 5 grams of fiber)
☐ whole grain pancake mix
☐ 100% whole wheat or whole grain English muffins

Grains/Pasta
☐ barley
☐ brown rice
☐ bulgur
☐ couscous
☐ flaxseed
☐ millet
☐ quinoa
☐ wheat germ
☐ 100% whole wheat pastas
☐ whole wheat pitas
☐ whole wheat tortillas
☐ 100% whole wheat or whole grain bread

Snacks
☐ dates
☐ dried apricots
☐ dried apples
☐ dried cranberries (watch sugar)
☐ figs
☐ granola bars (read labels)
☐ light popcorn
☐ pistachios
☐ prunes
☐ raisins
☐ raw almonds
☐ raw hazelnuts
☐ raw, unsalted sunflower seeds
☐ raw walnuts

Cans & Jars
☐ unsweetened applesauce
☐ beans
☐ chickpeas
☐ tomatoes (low sodium), crushed, diced and whole
☐ tomato sauce (low sodium)
☐ tomato paste (low sodium)
☐ tuna, water packed (US white or light)
☐ low-sodium broth/bullion
☐ unsweetened canned fruit
☐ jam/jelly (made with real fruit)
☐ all natural peanut butter (or almond, cashew, sunflower seed)
☐ olives (black)
☐ olives (green)
☐ all natural pasta sauce (watch sugars)
☐ pickles
☐ roasted red peppers
☐ salsa
☐ sun dried tomatoes (not packed in oil)

Spices
☐ bay leaves
☐ cinnamon
☐ nutmeg
☐ pepper
☐ sage

Baking
☐ baking powder
☐ baking soda
☐ dark chocolate bar or chips with at least 70% cocoa
☐ vanilla, good quality
☐ whole wheat bread crumbs
☐ whole grain cornmeal
☐ whole wheat flour
☐ yeast

Dairy
☐ low-fat cottage cheese
☐ reduced-fat cheese
☐ reduced fat cheese strings
☐ part-skim mozzarella cheese
☐ eggs
☐ egg substitute
☐ feta cheese
☐ goat cheese
☐ part-skim ricotta cheese
☐ fortified skim or 1% milk
☐ low fat soy milk
☐ reduced fat sour cream
☐ trans-fat free spread
☐ low-fat yogurt (watch sugars-preferably probiotic type)

Frozen
☐ Boca or Morningstar Farms products
☐ unsweetened fruit
☐ vegetables
☐ whole grain waffles
☐ Non-fat or low fat frozen yogurt

Miscellaneous-
pet supplies, toiletries, paper supplies, cleaning supplies, baby products, beverages, etc.

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