



GROCERY SHOPPING LIST



Vegetables

- Artichoke
- Avocado
- Bell pepper (red, yellow, green)
- Broccoli
- Carrot
- Chile peppers
- Corn
- Cucumber
- Garlic
- Greens (collards, kale, chard, spinach)
- Green onions
- Jicama
- Lettuce, green
- Mushrooms
- Onions
- Peas
- Pumpkin
- Sugar snap peas
- Sweet potato
- Tomato
- Tomato, canned (crushed, diced or fired roasted)
- _____
- _____

Beans, Grains, Pasta

- All-purpose flour
- Amaranth
- Beans, fresh or canned (black, kidney, pinto, navy)
- Brown rice
- Peas (blackeyed, pigeon, chickpeas)
- Quinoa
- Whole grain pasta (orzo, rotini, etc.)
- _____
- _____
- _____

Eggs & Dairy

- Cheeses (mozzarella & cheddar) – low-fat
- Eggs
- Egg substitute
- Skim or 1% milk
- Yogurt (regular or Greek) – low-fat
- Low fat sour cream or crema
- _____
- _____

Fruits

- Banana
- Grapefruit
- Lemon
- lime
- Mango
- Orange
- Papaya
- Pineapple
- Plantain
- Raisins or other dry fruit
- Strawberry
- _____
- _____

Nuts & Seeds

- Raw unsalted nuts (almonds, walnuts, peanuts, etc.)
- Chia seeds
- Raw and unsalted pumpkin or sunflower seeds
- _____

Fish

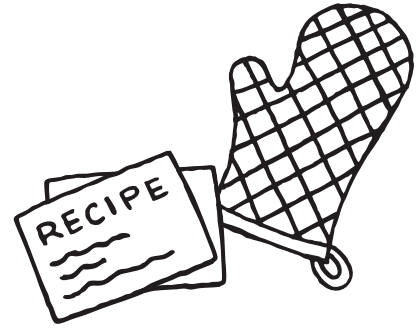
- Snapper
- Tuna canned in water
- Shrimp
- Tilapia
- _____

Lean Meat & Poultry

- Beef – ground, sirloin, round or brisket
- Chicken breast
- Ham
- Pork – tenderloin or loin
- Turkey, ground
- _____

Breads, Cereals & Tortillas

- Oatmeal, quick or old fashioned
- Whole grain bread
- Whole grain breakfast cereal
- Whole grain tortillas
- Whole grain waffles
- _____



Spices and Extracts

- Almond extract
- Cinnamon, ground
- Chili powder
- Cumin, ground
- Ginger, ground
- Salt free seasoning
- Vanilla extract
- _____

Oils and other fats

- Butter
- Margarine
- Olive oil
- Vegetable oil
- _____

Herbs

- Basil
- Cilantro
- _____

Notes
