Sample Shopping List

Vegetables

Broccoli
Onions
Mushrooms
Tomatoes
Green leaf, romaine and other dark greens
Spinach
Sweet potatoes
Celery
Beans
Peas
Green and red peppers
Squash (summer and winter)
Asparagus
Carrots

Apples

Apple Cider
Cortland
Crispin
Empire
Fuji
Gala
Ginger Gold
Golden Delicious
Honeycrisp
Idared
Jonagold
McIntosh
Red Delicious

Other Fruits

Strawberries
Blueberries
Other berries
Peaches
Pears
Grapes
Grapefruit
Oranges
Apricots
Nectarines
Pineapples
Raisins

Protein Foods

Salmon
Shrimp
Scallops
Chicken, Turkey
Tofu
Refried beans
Canned beans (black, chick peas)
Black bean burgers
Chunk light tuna
Eggs
Nuts and Seeds

Dairy

Non-fat yogurt
Reduced-fat cheese
Non-fat cottage cheese
Skim milk

Grains and Cereals

Oatmeal, old fashioned or steel cut
Cold cereals: Kashi, and other whole grain high fiber options
Whole wheat couscous
Brown rice
Flaxseed meal
Wheat berries
Whole grain breads, rolls, crackers and pasta.

Check ingredient label. The first ingredient should be "whole grain".

Seasonings

Cinnamon
Garlic
Basil
Cajun seasoning
Sea salt
Pepper
Extra virgin olive oil
Balsamic and red wine vinegars
Low fat mayonnaise
Red pepper sauce
Mint

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