

## Shopping List

### FRUITS & BERRIES

- Apples, avocado, cantaloupe, grapes, grapefruits, honeydew, oranges, papaya, peaches, pears, plums, kiwi, mango and bananas.
- Strawberries, raspberries, blueberries and mixed berries

### VEGETABLES

- Asparagus, broccoli, carrots, cauliflower, cucumbers, garlic, green beans, eggplant, lettuce, (any kind), mushrooms, onions, peppers, tomatoes, scallions, snow peas, spinach, squash, and zucchini.
- Sweet potatoes or yams.
- Red Bliss or "New" potatoes

### DELI COUNTER/COLD CUTS

- Canadian bacon
- Cheese (reduced fat or fat free)
- Deli meats (chicken, ham, turkey or roast beef)

### MEATS

- Beef hot dogs, 97% fat-free
- Beef, lamb or veal, lean
- Burger patty, lean (any kind)
- Poultry (chicken or turkey)
- Pork tenderloin, lean
- Chicken or turkey sausage
- Ground meat, lean (beef, chicken, turkey, veal or pork)

### GOURMET DELI SECTION

- Guacamole
- Parmesan/Romano cheese

### GOURMET DELI SECTION

- Hummus

### FRESH FISH

- Fish filets
- Shellfish



### NUTS & SEEDS

- Almond or cashew butter
- Almonds, cashews, macadamia nuts, peanuts, pecans, pistachios, walnuts, and slivered almonds.
- Flax seeds, ground
- Peanut butter, natural
- Sunflower seeds

### CANNED FRUITS

- Applesauce, natural
- Fruit cocktail, light
- Peaches, in light juice
- Pears, in light juice
- Mandarin oranges, light

### PASTA/GRAINS

- Barley, pearl
- Couscous
- Pasta, whole wheat
- Quinoa
- Rice (converted, basmati, parboiled or brown rice).

### TOMATO SAUCE/BEANS

- Beans, any kind
- Tomato sauce (made with whole tomatoes & with about 6g available carbohydrate per cup)

### SNACKS

- Baked tortilla chips
- Multi-grain crisp bread crackers
- Tortilla chips, baked
- Whole wheat crackers

### CONDIMENTS

- Hot sauce
- Ketchup, organic
- Maple syrup, light
- Mustard, hot sauce
- Pickles
- Salsa, chunky
- Salt, pepper, garlic powder, Italian seasoning, and other spices that do not contain any carbohydrates.
- Sauerkraut
- Soy and teriyaki sauce
- Steak sauce
- Tabasco® sauce

### DRESSINGS/OILS

- Cooking spray
- Mayonnaise, light
- Olive oil or canola oil
- Salad dressing, light

### TUNA FISH

- Tuna canned in water
- Canned chicken or turkey
- Crabmeat, canned

### BAKING/COOKING AISLE

- Shredded coconut (unsweetened)

### BREAD SECTION

- Bagels, pumpernickel or whole grain
- Bread, high fiber
- English muffins, regular or whole wheat
- Pita bread, whole wheat
- Wraps (whole wheat or low carb)

### CEREAL AISLE

- Cereal, whole grain, high fiber
- Oatmeal, old fashioned
- Wheat germ, original

### SODA AISLE

- Seltzer water
- Spring water

### FROZEN FOODS SECTION

- Frozen berries
- Frozen vegetables (broccoli, brussels sprouts, green beans, corn, cauliflower, peas, carrots, carrots, peppers, spinach, etc)
- Frozen cut fruit
- Soy burgers & soy sausages
- Waffles, multi-grain

### DAIRY

- American cheese, 2% skim
- Buttery spread, light
- Cheese, reduced fat
- Cottage cheese, 1% or fat free
- Cream cheese, light
- Eggs or egg substitute
- Feta cheese, reduced fat
- Greek-style yogurt, 0% or 2%
- Milk, 1% or 2% skim or soy
- Ricotta cheese, light or fat-free
- Shredded cheese, reduced fat
- Sour cream, reduced fat
- String cheese (made with part-skim milk)
- Yogurt, low fat plain

### SOY

- Soy products (soy cheese, soy deli slices, tempeh, tofu, miso, soy hot dogs)

### SPECIALTY FOODS

- Goji berries
- 40/30/30 Nutrition bars
- Protein powder
- Raw cocoa nibs