

7059 - Sample Shopping List

Spices, Seasonings and Herbs

- All spice
- Basil
- Black pepper
- Cayenne pepper
- Chilli powder
- Cinnamon
- Cumin
- Curry powder
- Oregano
- Paprika
- Sage
- Salt
- Seasoned salt
- Thyme
- Tarragon

Grain Products

- All bran or high fibre cereal
- Whole wheat melba toast
- Whole wheat English muffins
- Whole grain bread
- Whole wheat pasta
- Oatmeal
- Black beans
- Chickpeas
- Brown or wild rice

Fruit and Vegetables

- Apples
- Bananas
- Oranges
- Melons
- Pears
- Strawberries
- Tomatoes
- Carrots
- Celery
- Cucumber

Garlic

- Peppers
- Lemon
- Lettuce (dark green)
- Onion
- Potatoes
- Spinach
- Avocado
- Mushrooms
- Squash
- Sweet potatoes
- Zucchini

Meats and Alternatives

- Skinless, boneless chicken breast
- Salmon
- Tilapia
- Tuna (packed in water)
- Eggs
- Lean roast beef sliced (for lunch meat)
- Shrimp
- Crab
- Turkey breast
- Pork chops (lean, without bone)
- Mixed Nuts (best: walnuts, almonds, pine nuts)
- Tofu

Milk and Alternatives

- Low Fat Yogurt
- 1% or skim milk
- 1% cottage cheese
- Parmesan cheese (low fat)
- Mozzarella skim cheese
- Soy milk beverage
- Fat free frozen yogurt

Other

- Low fat dressings (balsamic, oil and vinegar, light Italian)

- Mustard
- Hot sauce
- Pasta sauce (or make your own from fresh tomatoes and basil)
- Vinegar
- Lemon juice
- Fresh herbs
- Low sodium chicken or vegetable broth
- Figs or dates (for a snack)
- Baking soda
- Flour/whole grain flour
- Splenda
- Vegetable oil
- Vegetable cooking spray
- Trail mix (for snacks)
- Raisins
- Low fat mayonnaise
- Margarine (trans fat free)
- Bottled Water
- Tea
- Coffee
- Vanilla extract