

2-Grocery Store Checklist



| Spices, Seasonings, Herbs | Grain Products | Fruits and Vegetables | Meat and Alternatives | Milk and Alternatives | Other |
|---|--|--|---|--|--|
| <ul style="list-style-type: none"> • All spice • Basil • Black pepper • Cayenne pepper • Cinnamon • Cumin • Curry powder • Oregano • Paprika • Sage • Salt • Seasoned salt • Thyme • Tarragon • Garlic | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Apples • Bananas • Oranges • Melons • Pears • Strawberries • Tomatoes • Carrots • Celery • Cucumber • Peppers • Lemon • Lettuce (dark green) • Onion • Potatoes • Spinach • Avocado • Mushrooms • Squash • Sweet potatoes • Zucchini | <ul style="list-style-type: none"> • 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 (walnuts, almonds, pine nuts) • Tofu | <ul style="list-style-type: none"> • Low Fat Yogurt • 1% or skim milk • 1% cottage cheese • Parmesan cheese (low fat) • Mozzarella skim cheese • Soy milk beverage • Fat free frozen yogurt | <ul style="list-style-type: none"> • Low fat dressings (balsamic, oil and vinegar, light Italian) • Mustard • Hot sauce • Pasta sauce • Vinegar • Lemon juice • Fresh herbs • Low sodium chicken or vegetable broth • Figs or dates (for a snack) • Baking soda • Flour/whole grain flour • Stevia • Vegetable oil • Vegetable cooking spray • Trail mix • Raisins • Low fat mayonnaise • Margarine (trans fat free) • Tea • Coffee • Vanilla extract |

