



Recommended Shopping List

Meat/Poultry/Fish

- Chicken breast
- Turkey breast
- Lean Ground turkey
- Lean Ground Beef
- Lean Beef steaks
- Lean Roast (Chuck, Rump)
- Tuna
- Salmon
- Shrimp
- Crab
- Halibut
- Orange Roughy
- Scallops

Dairy/Eggs

- Low fat milk (1%)
- Skim milk
- Soy milk
- Light Yogurt
- Tofu
- Light cheese
- String cheese
- Cottage cheese ($\leq 2\%$)
- Light cream cheese (or fat free)
- Light sour cream (or fat free)
- Eggs
- Egg substitute

Frozen Foods

- Vegetables
- Berries
- Frozen shrimp
- Dinners (lean/low fat)

Fats

- Canola oil
- Corn oil
- Low fat butter spread
- Low fat butter spray
- Olive oil
- Sesame oil
- Soybean oil
- Sunflower oil

Beverages

- Bottled water
- Coffee
- Crystal lite
- Diet soda
- Diet drinks (Snapple)
- Herbal Tea
- Tea
- Seltzer water

Fruit

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapes
- Grapefruit
- Guava
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Pomegranate
- Prunes
- Raspberries
- Rhubarb
- Strawberries
- Tangerine
- Watermelon

Breads/Cereals

- Bagels
- Corn flakes
- Cream of Wheat
- Kavli Crispy bread
- Light bread (<60cal)
- Malt-O-Meal
- Melba toast
- Miller bran
- Oat bran
- Oatmeal
- Pita Bread
- Puffed Rice
- Puffed Wheat
- Rice cakes
- Shredded Wheat
- Tortillas (corn)
- Wasa Bread
- Whole wheat bread

Vegetables

- Alfalfa Sprouts
- Artichoke
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Green beans
- Green chilies
- Green onions
- Kale
- Lettuce
- Mushrooms
- Peas
- Potatoes
- Radishes
- Spinach
- Squash
- String beans
- Sweet potatoes
- Tomatoes
- Zucchini

Condiments

- Artificial sweeteners (splenda)
- Cinnamon
- Horseradish
- Ketchup
- Light/Low fat mayo
- Low fat salad dressing (nonfat)
- Low sodium soy sauce
- Mustard
- Salsa
- Spices
- Vanilla flavoring
- Vinegar