



Sample Grocery List

MEAT/POULTRY

- 1 large bag of frozen, skinless chicken breasts (found in the freezer section)
- 1 package low-fat sliced chicken or turkey deli meat
- 24 ounces eye of round beef steaks
- 1 package turkey burgers
- ½ pound turkey sausage
- 1 package turkey bacon
- 1 pound ground turkey
- 1 New York choice lean sirloin steak

GRAINS

- 1 container old-fashioned oatmeal
- 1 package of whole-wheat tortillas
- 1 box low-fat whole-wheat frozen waffles
- 1 package whole-wheat English muffins
- 1 package pita bread
- 1 loaf whole-wheat bread
- 1 package whole-wheat hamburger buns
- 1 box whole-wheat spaghetti
- Whole-wheat flour

VEGETABLES

- 1 stalk celery
- 1 portion water chestnuts
- 1 portion scallions
- 1 jar dill pickles
- 2 bags spinach leaves
- 3 fresh tomatoes
- 1 cucumber
- 2 bags frozen carrots
- 1 bag Romaine lettuce
- 2 bags frozen broccoli
- 2 sweet potatoes
- 1 potato
- 1 head lettuce
- 1 onion
- 1 can whole tomatoes
- 1 bag fresh mushrooms
- 2 cans kidney beans

SPICES

- Cinnamon
- Pepper
- Salt
- Paprika
- Garlic powder
- 6 cloves of fresh garlic
- Cumin
- Parsley
- Dill weed
- Basil
- Oregano
- Cilantro
- Chili flakes
- Ginger
- Chili powder

OILS/DRESSINGS

- Extra virgin olive oil
- Low-fat balsamic vinaigrette
- Low-fat Italian vinaigrette
- Low-fat mayo
- Fat-free Caesar dressing
- Cooking spray

FRUIT

- Blueberries
- Raspberries
- Apples
- Bananas
- Peaches
- Strawberries
- Pears
- Grapes

DAIRY

- 1 container grated Parmesan cheese (reduced-fat)
- 1 package low-fat or fat-free cheese slices
- 1 package shredded low-fat or fat-free American cheese
- 1 package shredded low-fat or fat-free Mozzarella cheese
- 1 package low-fat or fat-free string cheese
- 1 container fat-free sour cream
- 1 gallon skim milk
- 2 containers low-fat cottage cheese
- 2 cartons eggs
- Low-fat yogurt
- 1 container fat-free onion chive cream cheese

FISH

- 2 large cans tuna
- 1 salmon filet

TOPPINGS/CONDIMENTS

- Sugar-free syrup
- Fresh lime juice
- Light teriyaki marinade
- Almonds/slivered almonds
- 1 jar all-natural peanut butter
- Green enchilada sauce
- Salsa
- Soy sauce
- Lime juice
- Honey
- 1 jar applesauce
- 1 package brown sugar
- Baking powder
- Lemon juice
- 1 jar mixed nuts
- Ketchup
- Dijon mustard