

Shopping List Guidelines

Fruits

Apples
Apricots
Berries
 Blackberries
 Blueberries
 Raspberries
 Strawberries
Cantaloupe
Cherries
Figs
Grapes
Grapefruit
Honeydew Melon
Mango
Nectarine
Orange
Pear
Plum
Tangerine
Watermelon

Vegetables

Asparagus
Artichokes
Bamboo Shoots
Bean & Brussel Sprouts
Beets
Bell or other Peppers
Broccoli
Broccoflower
Brussels Sprouts
Carrots
Cauliflower
Celery
Chives, Onion, Leeks, Garlic
Cucumber
Dill Pickles
Cabbage (All Types)
Eggplant
Green Beans

Greens:

Bok Choy
Escarole
Swiss Chard
Kale
Collard Greens
Spinach
Mustard Greens
Beet Greens

Lettuce

Mixed Greens
Romaine
Red & Green Leaf
Endive
Spinach
Arugula
Radicchio
Watercress
Chicory

Mushrooms

Okra
Radishes
Root Vegetables
Snow Peas
Spinach
Sprouts
Tomatoes
Water Chestnuts
Zucchini
Yellow Squash
Acorn Squash
Butternut Squash
Sweet Potatoes

Legumes

Split Peas
Sweet Green Peas
Lentils
Garbanzo Beans
Pinto Beans
Kidney Beans
Black Beans
Lima Beans
Cannelloni Beans
Navy Beans
Mung Beans
Green Soy Beans (Edamame)

Nuts & Seeds

Almonds
Hazelnuts
Walnuts
Pecans
Peanuts
Pistachios
Sunflower Seeds
Pumpkin Seeds
Sesame Seeds
Nut Butter

Dairy

Low-fat Yogurt (FAGE Greek Style is Excellent)
Fat-free Yogurt
1% or 2% milk
Soy Milk
Plain Buttermilk

Whole Grains

Amaranth
Teff
Quinoa
Basmati Rice
Brown Rice
Wild Rice
Barley
Buckwheat
Groats
Millet
Bulgar
Natural Wheat & Barley Cereal
Whole Oats
Whole Wheat
Spelt
Kamut Berries
Whole-grain Rye
Whole-grain Sesame
Whole-grain Wheat
100% Whole-grain
bread, crackers, pasta, pita
Low-Carb Tortillas or Pita

Protein

Eggs – 2 whole or 3 whites plus 1 whole
Fish & Shellfish (All types)
Poultry
Chicken
Cornish Hen
Turkey
Leg of Lamb (Lean cut)
Wild Game
Venison
Elk
Buffalo
Ostrich
Tofu
Tempeh
Soy Burger
Cottage Cheese (low or nonfat)
Ricotta (Part skim or nonfat)
Mozzarella Part skim or nonfat)
Parmesan Cheese
TVP Soy Protein

Cold Press Oils

Coconut
Flaxseed
Walnut Oil
Grape Seed Oil
Extra Virgin Olive Oil
Canola Oil
Mayonnaise (From Canola or Grape Seed)
Ripe or Green Olives
Avocado

Condiments

Cinnamon
Mustard
Tamari Soy Sauce
Vinegar
Lime
Lemon
Herbs/Spices
Stevia (Natural Sweetener)