

GROCERY SHOPPING LIST

Grains	Amount	Proteins	Amount
Brown rice		Canned chicken	
Lasagna noodles		Ground turkey	
Corn tortillas		Chopped pecans	
Whole wheat flour tortillas		Chopped walnuts	
Whole wheat muffins		Pinto beans	
Whole wheat macaroni noodles		Black beans	
Corn tortillas chips		Kidney beans	
		Firm tofu	
Vegetables	Amount	Condiments/Spices	Amount
Spinach		Dill weed	
Broccoli		Light/fat free ranch dressing	
Frozen peas and carrots		Chili powder	
Baby carrots		Chicken broth (low sodium)	
Canned carrots		Ground cumin	
Corn canned or frozen		Garlic powder	
Petite diced tomatoes		Pepper	
Fresh tomatoes		Salt	
Spaghetti sauce		Light mayonnaise	
Green bell pepper		Oregano	
Red bell pepper		Cooking spray	
Yellow bell pepper		Lemon juice	
Brown onion		Orange juice	
Green onion		Lime juice	
Green enchilada sauce		Corn starch	
Frozen stir fry vegetables		Soy sauce (low sodium)	
Celery		Canola oil	
Fresh garlic		Other	Amount
Cilantro			
Dairy	Amount		
Milk 1%			
Low-fat vanilla yogurt			
Low-fat plain yogurt			
Mozzarella cheese			
Cheddar cheese			
Fruits	Amount		
Apples			
Grapes			
Fruit cocktail			
Frozen mango			
Canned mandarin			
Pineapple chunks			
Bananas			