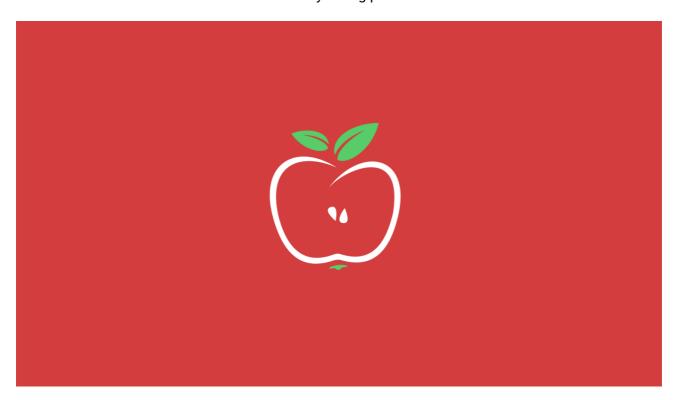
Make a Great Grocery List in Minutes

Having a well-planned grocery list gets you in and out of the store quickly and helps you stick to your healthy eating plan.



1. Bakery and Bread Whole wheat bread, pita pockets, and English muffins Whole-grain flour tortillas 2. Meat and Seafood Skinless chicken or turkey breasts Ground turkey or chicken Salmon, halibut, trout, mackerel, or your favorite seafood Reduced-sodium lunchmeat (turkey, roast beef) 3. Pasta and Rice Brown rice Whole wheat or whole-grain pasta

4. Oils, Sauces, Salad Dressings, and Condiments

Tomato sauce

Mustard
Barbecue sauce
Red-wine vinegar
Salsa
Extra virgin olive oil, canola oil, nonfat cooking spray
Jarred capers and olives
Hot pepper sauce
5. Cereals and Breakfast Foods
Whole-grain or multigrain cereals
Steel-cut or instant oatmeal
Whole-grain cereal bars
6. Soups and Canned Goods
Diced or whole peeled tomatoes
Tuna or salmon packed in water
Low-sodium soups and broths
Black, kidney, soy, or garbanzo beans; lentils, split peas
Diced green chilies
7. Frozen Foods
Frozen vegetables: broccoli, spinach, peas, and carrots (no sauce)
Frozen fruit: strawberries, raspberries, blueberries (without added sugar)
Frozen shrimp
Pre-portioned, low-fat ice cream or frozen yogurt
Whole-grain waffles
Whole-grain vegetable pizza
8. Dairy, Cheese, and Eggs
Skim or low-fat milk or soymilk
Fat-free or low-fat yogurt
Fat-free or low-fat cottage cheese

Low-fat cheese or string cheese snacks	
Eggs or egg substitutes	
Firm tofu	
Butter or spread (a variety that doesn't contain hydrogenated oils)	
9. Snacks and Crackers	
Whole-grain crackers	
Dried fruit: apricots, figs, prunes, raisins, cranberries	
Nuts: almonds, cashews, walnuts, peanuts, pecans, pistachios (roasted a	nd unsalted)
Seeds: sunflower seeds, sesame seeds, whole or ground flaxseeds	
Peanut butter, almond, or soy butter	
Hummus	
Dark chocolate pieces	
10. Produce	
Fruit: bananas, apples, oranges, mangoes, strawberries, blueberries	
Vegetables: sweet potatoes, baby spinach, broccoli, carrot sticks	Make and Share Free Checklists checkli.com