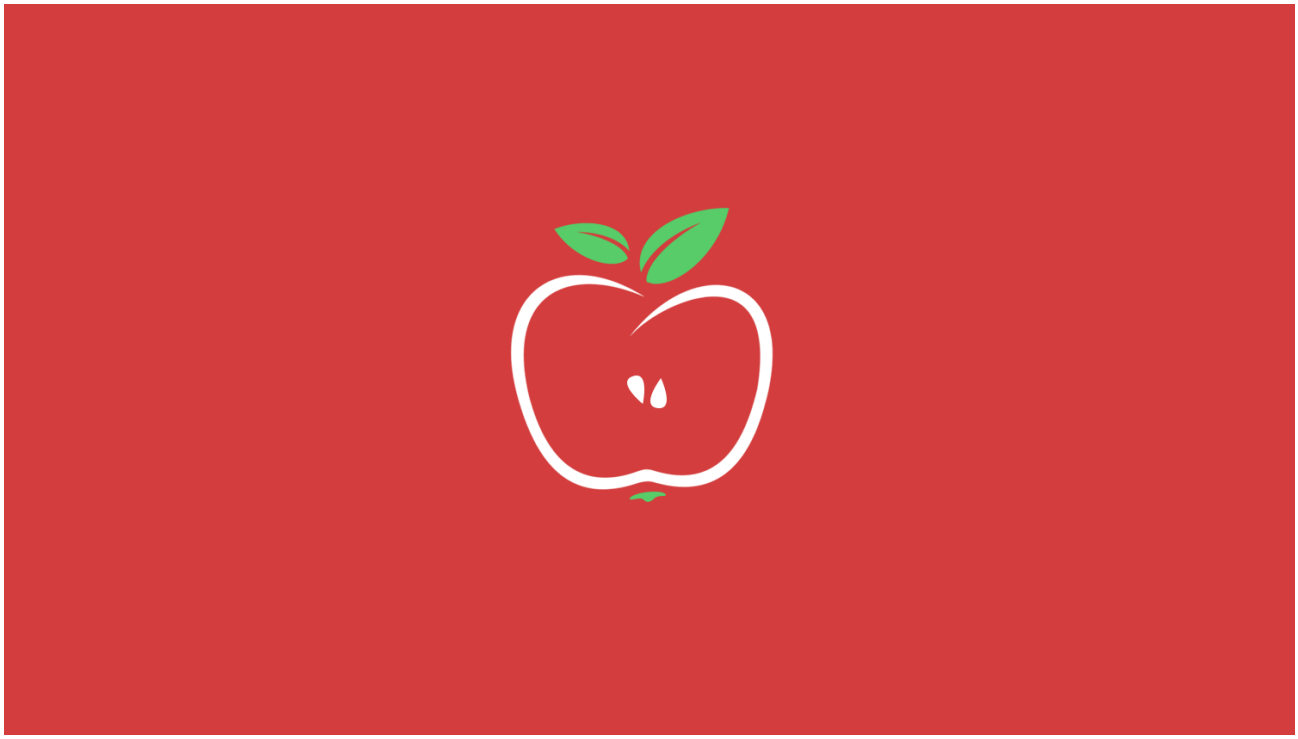
Make a Great Grocery List in Minutes

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 and 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

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