

GROCERY LIST



Bread/Grains	Dairy	Cans/Jars
☐ brown/wild rice	☐ low-fat milk	☐ low-salt canned vegetables
☐ whole wheat pasta	□ soy milk	☐ canned fruit in its own juices
☐ whole wheat bread	□ cheese	□ broth
□ cereal	☐ cottage cheese	□ salsa
☐ oatmeal	☐ butter/margarine	
□ crackers	□ eggs	
	☐ yogurt	
		
		
Meat	Snacks	Condiments
☐ salmon	□ nuts	□ vinegar
□ other fish	☐ graham crackers	☐ lemon juice
☐ canned tuna (in water, not oil)	□ sugar-free jello	☐ mustard
poultry	☐ sugar-free pudding	☐ ketchup
☐ low-fat lunch meat		☐ olive or canola oil
☐ lean beef or pork		☐ salad dressing
		☐ sugar-free spices
		
Beverages	Frozen	Fruits/Veggies
Beverages ☐ coffee	Frozen vegetables	Fruits/Veggies ☐ apples
□ coffee	□ vegetables	□ apples
□ coffee □ tea	□ vegetables □ frozen dinners	□ apples □ asparagus
□ coffee □ tea □ diet soda	□ vegetables □ frozen dinners □ sugar-free ice cream	☐ apples ☐ asparagus ☐ bananas
□ coffee □ tea □ diet soda □ vegetable juice	□ vegetables □ frozen dinners □ sugar-free ice cream □	□ apples □ asparagus □ bananas □ berries
☐ coffee ☐ tea ☐ diet soda ☐ vegetable juice ☐ water	□ vegetables □ frozen dinners □ sugar-free ice cream □	□ apples □ asparagus □ bananas □ berries □ beans
□ coffee □ tea □ diet soda □ vegetable juice □ water □	□ vegetables □ frozen dinners □ sugar-free ice cream □	□ apples □ asparagus □ bananas □ berries □ beans □ broccoli
☐ coffee ☐ tea ☐ diet soda ☐ vegetable juice ☐ water ☐	□ vegetables □ frozen dinners □ sugar-free ice cream □ □	□ apples □ asparagus □ bananas □ berries □ beans □ broccoli □ corn
☐ coffee ☐ tea ☐ diet soda ☐ vegetable juice ☐ water ☐ ☐	□ vegetables □ frozen dinners □ sugar-free ice cream □ □ □	□ apples □ asparagus □ bananas □ berries □ beans □ broccoli □ corn □ cucumber
□ coffee □ tea □ diet soda □ vegetable juice □ water □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	□ vegetables □ frozen dinners □ sugar-free ice cream □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	□ apples □ asparagus □ bananas □ berries □ beans □ broccoli □ corn □ cucumber □ garlic
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