

This Week's Shopping List

This is a great basic shopping list. Check off the foods you need and add others you want to buy.

Foods in **bold** are **Power Foods**, meaning they work with **Simple Start** and **Simply Filling!**

PRODUCE

- Fresh fruit** (avocado is not a Power Food)
- Fresh vegetables** (broccoli, carrots, peppers, potatoes, squash, etc.)
- Fresh herbs
- Packaged lettuce, coleslaw mix or shredded carrots**

PANTRY STAPLES

- Whole wheat pasta** or regular pasta
- Brown rice** or white rice
- Bulgur, quinoa** or **barley**
- Reduced-calorie bread** or **hamburger buns**
- Thin sandwich bread** or **light English muffins**

FREEZER STAPLES

- Frozen vegetables** (without added sauce and salt)
- Frozen unsweetened fruit**
- Veggie burgers** (with 2 gm of fat or less)
- Vegetarian ground meat**
- Whole grain waffles