

Grocery Shopping Checklist

Check off the ones you use and keep them well stocked.

You may want to make some copies of this list, add to it, or make your own list to post on your refrigerator. Remember, by keeping your favorite healthy foods on hand lowers your risk of impulse eating.

Grains & Starches

- _____ Oatmeal (plain rolled oats)
- _____ Cereals (fiber, 3 grams or more per serving, sugar, 5 grams or less per serving)
- _____ Whole wheat or whole grain bagels
- _____ Breads, whole wheat, whole grain
- _____ Pita breads, whole wheat
- _____ Rice, brown, Basmati, Jasmine, Wild rice
- _____ Tortillas, whole wheat
- _____ Pastas (whole wheat and vegetable)
- _____ Potatoes all varieties Baking, Yukon Gold, Red, New, Sweet and Yam
- _____ Dried beans, peas and lentils
- _____ Dried bean soups

Vegetables

- _____ Asparagus
- _____ Artichokes
- _____ Avocado
- _____ Bell Peppers
- _____ Broccoli
- _____ Cabbage
- _____ Carrots
- _____ Celery
- _____ Cole Slaw Mix
- _____ Cucumbers
- _____ Garlic
- _____ Ginger
- _____ Green Beans
- _____ Jalapenos
- _____ Lettuce – Romaine, Mixed Greens, Spinach
- _____ Mushrooms
- _____ Onions
- _____ Radishes
- _____ Snow Peas
- _____ Squash
- _____ Tomatoes
- _____ Zucchini
- _____ Frozen vegetables if necessary (canned are higher in sodium)

Tip: *The deep dark vibrant vegetables are full of natural vitamins and minerals.*

Fruit

(keep stocked and in reach so it is easy to grab)

- _____ Apples
- _____ Apricots
- _____ Bananas
- _____ Berries, blackberries, blueberries, raspberries, strawberries
- _____ Grapes
- _____ Grapefruit
- _____ Lemon/Lime
- _____ Mangos
- _____ Melons, cantaloupe, honeydew, and watermelon
- _____ Oranges
- _____ Nectarines
- _____ Papaya

- _____Peaches
- _____Pears
- _____Plums
- _____Tangerines
- _____Canned fruit packed in its own juice or water

Lean Meats, Fish, Poultry

(less than 50% of the calories from fat or 93% lean)

- _____ **Beef Lean Cuts:** tenderloin, sirloin, filet, eye of round, flank steak for fajitas
- _____ **Longhorn Beef** (Lean cuts and ground longhorn compare to turkey breast in fat and cholesterol. Range fed livestock can be purchased that is naturally raised without the assistance of antibiotics and steroid injection)
- _____ **Pork Lean Cuts:** tenderloin roasts or butterfly pork chops for fajitas or stir-fry
- _____ **Fish Fresh:** sea bass, tuna, swordfish, halibut, tilapia, and trout
(Pond raise fish is freshest, is not exposed to the environmental contaminants of public bodies of water, and does not endanger the species in the wild. If fish smells fishy it is not fresh.)
- _____ **Shellfish:** (low in fat high in cholesterol for those that need to limit cholesterol)
- _____ **Chicken, Turkey, and Poultry:** breasts and thighs (boneless/ skinless), filets, tenderloin, Cornish game hens
- _____ **Ground Meats:** Longhorn beef, round steak, sirloin, veal, pork loin, turkey, chicken, venison or blend of these.(Have them wrapped in 6 or 8 oz. portions to eat that day or to freeze for later. Thaw for a quick burger, spaghetti dish, taco salad, etc.)
- _____ **Wild game:** Ostrich, Venison (most wild game is very lean and healthy with the exception of duck which is higher in fat)
- _____ Deli Meats – ham, roast beef, turkey or chicken breast

Remember: All visible fat should be trimmed to reduce calories and fat.

Note: The leanest cuts of meat are found in the hind and loin of livestock. The breast is the leanest part of the bird.

Milk Products, Cheese, and Eggs

- _____ Yogurt, low-fat or nonfat, plain or with fruit
- _____ Milk 1%, or skim
- _____ Soy Milk
- _____ Cheeses, Part-Skim, skim milk or low-fat (50% fat or less per serving) (2% slices melt well on bread, potatoes, vegetables, and pasta)
- _____ Cottage cheese (nonfat, 2%)
- _____ Eggs

Canned Goods

- _____ Tuna, chunk light in spring water (wash under clean water and drain before eating)
- _____ Chicken breast in broth
- _____ Black olives for flavor (Use as toppings for pizza, salad, sandwiches, they are a heart healthy fat source)
- _____ Beans – black, chili, kidney, pinto, fat-free refried, garbanzo, lima
- _____ Mexican corn
- _____ Broth - chicken, vegetables and beef – low-sodium
- _____ Broth based soups
- _____ Artichoke Hearts in water
- _____ Pineapple
- _____ Tomato paste/sauce/crushed

Frozen, Convenience, and Snack Foods

- _____ Frozen fruit, no sugar added (peaches, strawberries, blueberries, raspberries)
- _____ Nuts-All varieties raw, roasted, shelled or unshelled. Avoid roasted in oil and salted.
- _____ Popcorn (plain only)

- _____ Low-fat granola
- _____ Bottled waters or sparkling water in glass bottles
- _____ Tea

Sauces, Condiments, and Oils

- _____ Bar-B-Q sauce (try fruit flavored varieties like Raspberry Chiptole on chicken)
- _____ Broth (chicken, beef, and vegetable)
- _____ Pickles, dill, sweet, bread and butter, pickled vegetables and relish
- _____ Salad dressings and mayonnaise, low-fat or nonfat
- _____ Salsas and Pica de Gallo
- _____ Mustard - all varieties
- _____ Taco Sauce
- _____ Teriyaki sauce and marinade
- _____ Worcestershire sauce
- _____ Oils, olive, canola, sesame, peanut, avocado. and macadamia nut (different oils can add nutritional value and flavor to food)

Herbs, Seasonings and Spices

(Keep your most commonly used items in stock)

- _____ Herbs-dried basil, cilantro, dill, garlic, oregano, mint, basil, rosemary, etc.) Easy to grow fresh or if you have access to a store that sells herbs in bulk you can buy a small quantity which is fresher and cheaper than large jars.
- _____ Seasonings for flavor, seasoned, lemon, or garlic salts and peppers, curries, onion, cumin, mustard powders; poultry seasoning, cayenne or red pepper...
- _____ Spices-All spice, cardamom, cinnamon, ginger, nutmeg, saffron....

Household

- _____ aluminum foil, heavy duty
- _____ ziplock storage containers – all sizes
- _____ plastic wrap
- _____ ziplock baggies – gallon
- _____ ziplock baggies –sandwich
- _____ ziplock baggies –snack