

MEAL PLAN GROCERY LIST

Skip the nine-items-or-less aisle

BEVERAGES

- 1% milk 3/4 cup
- Apple juice 4 fl oz
- Filtered water 12 fl oz
- Ice cubes 7
- Lemon juice 2 1/3 tbsp
- Lime juice 1/2 tbsp
- Orange juice 2 1/2 fl oz

CANNED GOODS AND CEREALS

- Albacore tuna, in water 3 oz
- Bean sprouts 1/4 cup
- Black beans 1/4 cup (canned)
- Chickpeas 1/4 cup (canned)
- Green beans 1/2 cup (canned)
- Large-flake oatmeal 1 cup
- White beans 1/2 cup (canned)

CONDIMENTS, FLAVORINGS AND SEASONINGS

- Apple cider vinegar 2 tbsp
- Black pitted olives 4 pieces black
- Chili sauce 1 tbsp
- Dijon mustard 3/4 tbsp
- Honey 4 1/2 tsp
- Hot picante sauce 1/6 tsp
- Lea & Perrins Worcestershire sauce (gluten-free) 1/8 tsp
- Mild or medium organic salsa 1/4 cup
- Progresso balsamic vinegar 1 4/5 tbsp
- Salt 1/4 tsp
- Salt-free lemon-and-herb seasoning 1/4 tsp
- Soy sauce 1/2 tbsp
- Tahini 1/2 tsp
- Vanilla extract 1 tsp

DAIRY

- 2% fat cottage cheese 1/2 cup
- Egg whites 2 large
- Low-fat cheddar or Colby cheese 1 1/2 oz
- Low-fat plain yogurt 4 oz
- Omega-3 eggs 4 large
- Philadelphia Brand light cream cheese 2 tbsp

NUTS, SEEDS, OILS AND SNACKS

- Almonds 3
- Chopped dried pecans 1 tsp
- Chopped dried walnuts 2 tbsp
- Extra-virgin olive oil 5 1/4 tsp
- Flaxseed 2 tbsp
- Flaxseed oil 2 2/3 tsp
- Just Peanuts old-fashioned crunchy peanut butter 2 tsp
- Olive oil 1 1/2 tsp
- Pam cooking spray
- Ryvita high-fiber snack bread 3 slices

MEATS, POULTRY AND SEAFOOD

- Chicken breast 7 1/2 oz
- Lean ground turkey 3 oz
- Raw salmon fillet 4 oz
- Raw whitefish 5 oz

PRODUCE

- Baby carrots 6 medium
- Baked sweet potato 1 small
- Banana 1 medium
- Blueberries 1/4 cup
- Boiled chopped broccoli 1 cup
- Cherry tomatoes 8
- Chopped green pepper 1 1/2 cups
- Chopped onion 2 1/4 cups
- Crushed pineapple, in juice 1/4 cup
- Chopped spring onion 1 tbsp
- Chopped sweet red pepper 1 3/4 cups
- Ginger root 1/3 tbsp
- Minced garlic 1 3/4 tsp
- Mixed-green salad 5 cups
- Mixed vegetables 2 cups
- Parsley 1 tsp
- Peeled sliced cucumber 1 cup
- Pink or red grapefruit 1 medium
- Raisins 2 tsp
- Sliced green pepper 1/2 cup
- Sliced mushrooms 6 cups
- Sliced red onion 1/4 cup
- Sliced sweet red pepper 1/2 cup
- Strawberries 1 cup

SIDE DISHES

- 2 servings tossed side salad with olive oil and balsamic vinegar

SPICES

- Black pepper 1/4 tsp
- Cayenne pepper 2/3 tsp
- Coriander 1/2 tbsp
- Dried basil 1 tbsp
- Dried dillweed 1 1/2 tsp
- Dried parsley 1/4 tsp
- Dried tarragon 1/2 tsp
- Dried thyme 1/3 tsp
- Garlic powder 1/2 tsp
- Ground cinnamon 1 tsp
- Onion powder 1/2 tsp
- Paprika 1/2 tbsp
- White pepper 1/4 tsp

SPORT AND DIET NUTRITIONALS

- 105 g protein powder
- 1 cup Silk Soymilk