

# GROCERY LIST

Follow these tips BEFORE going to the store:

- Don't go to the store hungry. You'll be more likely to buy "splurge" foods
  - Make a list before you shop and look for ads and coupons

Once you enter the store, be sure to start on the perimeter where you will find less processed foods. Here is a list of the best items to purchase:

## PRODUCE

- All fresh fruit – frozen or dried is fine too
- Fresh vegetables – frozen is fine too

## DAIRY & EGGS

- Low-fat, non-fat, or plant-based milks
- Eggs or egg whites
- Greek low-fat or non-fat yogurts
- Low-fat or non-fat cheeses (swiss, cheddar, mozzarella, pepper jack)
- Low-fat cottage cheese
- String cheese

## MEATS/MEAT ALTERNATIVES

- Boneless, skinless chicken breast
- Lean (90/10) ground beef/turkey
- Seafood (tuna, salmon, sea bass, halibut, shrimp)
- Low-fat deli cuts (ham/turkey/chicken)
- Veggie/turkey burgers
- Canned beans (black, kidney, pinto, refried)
- Tofu or tempeh
- Lean beef tenderloin, top sirloin/round steak, top loin, flank steak

## BEVERAGES

- Water
- Tomato & V8 Juice
- Club Soda

## BREADS, GRAINS, CEREALS

- Oatmeal (old fashioned or quick oats)
- Quinoa
- Whole grain cereals (Kashi, Smart Start, Cheerios)
- Rice (brown, jasmine, wild, basmati)
- Whole wheat pasta
- Soft corn tortillas
- Breads (wheat slices, wheat bagels, pita bread & English muffins)
- Whole grain waffles

## HEALTHY FATS

- Natural style peanut butter
- Nuts (almonds, peanuts, walnuts)
- Sunflower seeds
- Virgin olive oil & canola oil
- Avocados

## SNACK FOODS

- Rice Cakes
- Pretzels
- Raisins
- KIND/Clif/Lara Bars
- Crackers (Triscuits, Wheat Thins)
- Popcorn
- Oven-baked chips
- Hummus
- Guacamole
- Dark Chocolate (60% or Higher)