

# GROCERY SHOPPING



## Checklist



### Vegetables



**non-starchy veggies:** beets, asparagus, kale, cabbage, radish, cauliflower, celery, okra, cucumber, jicama, mushrooms, etc.

*Fill half your plate with non-starchy veggie choices. Steam, microwave, grill, or bake with herbs and spices.*

**frozen veggies:** spinach, green beans, broccoli, carrots, etc.

*Easy and quick to add to meals.*

**green salad:** spring mix, kale, lettuce, spinach, mesclun, etc.

*Serve protein with fresh greens topped with oil and vinegar.*

### Fruit



**fresh fruit:** apples, oranges, pears, berries, melon, kiwi

*Pair fresh fruit with some protein for a healthy snack*

**frozen fruit:** berries

*Stock your freezer with frozen fruit for yogurt toppings or smoothies.*

**canned/packaged fruit:** pears, peaches, unsweetened apple sauce

*Be sure to choose in water or juice.*

### Dairy



**low fat milk or unsweetened milk alternative (soy, almond, etc.)**

*Great base for protein smoothies*

**low fat Greek yogurt, kefir, etc.**

*Buy a large container of low-fat plain and mix 4-6oz with frozen fruit and PB2 powder for snack.*

**low fat cheese**

*Choose a low fat cheese stick for a protein filled on the go snack.*

### Grains



**cereal/oatmeal**

*Look for ones made with only whole grains and no added sugar.*

**quinoa, whole grain bread, whole wheat pasta, brown rice, etc.**  
*Choose 100% whole grain. Be mindful of portion sizes and serve w/ protein and non-starchy veggies.*

### Protein



**lean meats:** chicken breast, fish, ground chicken/turkey, eggs  
*When you buy chicken and fish in excess, you can always freeze them to eat another time. Bake, grill, roast, or sautee meats.*

**other:** nuts, legumes, tofu  
*Vary your protein with vegetarian sources. Unsalted nuts contain healthy fats, have 10-12 for snack. If choosing beans, limit to 1/2 cup.*

**protein shakes, bars**  
*Choose products w/ <200 calories, >15 gm protein, <10 gm added sugar, and <15 gm carbohydrates.*

### Pantry



**herbs / spices**  
*Flavor your food with mixes without added salt/sodium.*

**oils:** avocado oil, olive oil  
*Use avocado oil for cooking and olive oil for salad dressing.*

**spreads/dips:** peanut butter, hummus, tzatziki  
*Check that the product has no added sugar. Serve with veggies.*