

Menu Planning Central Shopping List

Healthy Option Sample

Fresh Produce

- (A) onions – 1
- (A*) cauliflower – 2 cups
- (A*, G) broccoli – 2 cups, 1 pound
- (A*) carrots – 1 1/2 medium (about 3/4 cup)
- (A*) cherry tomatoes – 2 cups
- (B) thyme – 2 tablespoons (may substitute with dried thyme leaves)
- (B, D) red onions – 2
- (B) green bell peppers – 2
- (B) papaya – 1
- (B, D*) mixed salad greens – 6 cups (recipe B you may substitute with head of Romaine lettuce, recipe D* calls for spinach salad)
- (C*) strawberries – enough for family
- (D) celery stalks – 1/2 cup (about 1 stalk)
- (D) green onions – 2
- (D, G*) apples – 1, enough for family
- (D) leaf lettuce
- (E*) fresh green beans – enough for family
- (F) mushrooms – 1 cup
- (F) alfalfa sprouts – 1/4 cup (optional)
- (F*) fresh fruit – 4 cups
- (G) garlic cloves – 6
- (E, G) ginger root – 2 teaspoons

Bakery / Bread

- (D) fat-free flour tortillas – 4 (6 to 7 inches in diameter)

General Grocery / Beverages

- (A*) lemon juice – 1 tablespoon
- (E) orange juice concentrate – 1 tablespoon

General Grocery / Cooking and Baking

- (A) chili powder – 1 teaspoon
- (A) cumin – 1 teaspoon
- (A, G) vegetable oil – 1 tablespoon; 1 teaspoon
- (A*, B) pepper – 3/4 teaspoon (recipe B calls for red pepper)
- (A*, B, E, F, G) salt – 1 1/4 teaspoons
- (B) allspice – 1/4 teaspoon
- (C) garlic powder – 1/4 teaspoon
- (C, F) dry mustard – 3/4 teaspoon
- (C, G) sesame oil – 2 teaspoons
- (D) coarsely ground pepper – 1/8 teaspoon
- (E) cinnamon – 1 teaspoon
- (E, F) nutmeg – 1/8 teaspoon; 1/2 teaspoon
- (F*) poppy seeds – 4 teaspoons
- (G) white pepper – dash
- (G) cornstarch – 1 teaspoon

General Grocery / Condiments and Sauces

- (A*) reduced-fat mayonnaise or salad dressing – 1/3 cup
- (B) fat-free Caesar or Italian dressing – 1/3 cup
- (F*) honey – 1/4 cup
- (G) Soy sauce – 1 teaspoon

General Grocery / Dry Food and Mixes

- (G) rice – 2 cups

General Grocery / Canned and Bottled

- (A) Mexican-style chunky tomato sauce – 1 can (15 ounces)
- (D) tuna in water – 1 can (6 ounces)
- (E) peaches preserve – 12 ounces
- (G) fat-free reduced-sodium chicken broth – 1/4 cup
- (G) brown bean paste – 2 tablespoons
- (G) bamboo shoots – 1 jar (8 ounces)

General Grocery / Snacks

- (C) crisp rice crackers – 1/2 cup (about 34 crackers)
- (F*) toasted slivered almonds – 1/2 cup

Frozen

- (A*) frozen green peas – 1 package (10 ounces)
- (C) mixed vegetables, stir-fry w/sweet & sour sauce & pineapple – 1 pound
- (F) spinach – 1 box (10 ounces)
- (F) phyllo pastry leaves sheets – 4
- (F*) limeade concentrate – 1/4 cup

Dairy / Refrigerated

- (C) egg whites – 1
- (A*, D) nonfat plain yogurt – 3/4 cup (recipe D calls for nonfat lemon-flavored yogurt – 1/2 cup)
- (B*) refrigerated reduced-fat tube rolls – enough for family
- (F) milk – 1 cup
- (F) eggs – 2
- (F) margarine – 2 teaspoons (may substitute with butter)
- (F) shredded mozzarella cheese – 1/4 cup

Meat / Fish

- (A) beef tenderloin steaks or boneless top sirloin steaks – 1 pound
- (B, E) boneless skinless chicken breast halves – 8 (about 2 pounds)
- (C) pork tenderloin – 1/2 pound
- (G) boneless beef sirloin steaks or round steaks – 1/2 pound

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