

HEALTHY SHOPPING LIST

STARCHES <i>-100% Whole grain preferred</i> <i>-Canned (Reduced sodium, no salt added)</i> <i>-Precooked pouches/bowls handy</i>		PROTEINS <i>-Bake, broil, grill, steam</i> <i>-Remove visible fat and skin</i> <i>-Canned in water, not oil</i>		<i>-Choose white meat over dark</i> <i>-90% lean or greater for ground meats</i>
<input type="checkbox"/> Oatmeal <input type="checkbox"/> Popcorn <input type="checkbox"/> Bread <input type="checkbox"/> Pitas <input type="checkbox"/> English Muffins <input type="checkbox"/> Tortillas <input type="checkbox"/> Corn <input type="checkbox"/> Whole Grain <input type="checkbox"/> Crackers <input type="checkbox"/> Rice <input type="checkbox"/> Pasta <input type="checkbox"/> Quinoa <input type="checkbox"/> Millet	<input type="checkbox"/> Peas <input type="checkbox"/> Corn <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet Potatoes <input type="checkbox"/> Winter Squash <input type="checkbox"/> Butternut <input type="checkbox"/> Acorn <input type="checkbox"/> Kabocha <input type="checkbox"/> Beans (dry or canned) <input type="checkbox"/> Pinto <input type="checkbox"/> Chickpeas <input type="checkbox"/> Black <input type="checkbox"/> Kidney	<input type="checkbox"/> Eggs <input type="checkbox"/> Yogurt (Fat Free or 2%) <input type="checkbox"/> Greek <input type="checkbox"/> Light <input type="checkbox"/> Tofu <input type="checkbox"/> Beans (dry or canned) <input type="checkbox"/> Lentils <input type="checkbox"/> Cheese <input type="checkbox"/> Shredded 2% <input type="checkbox"/> Low Fat String Cheese <input type="checkbox"/> 2% or less Cottage Cheese <input type="checkbox"/> Parmesan or Romano <input type="checkbox"/> Feta	<input type="checkbox"/> Seafood <input type="checkbox"/> Fish <input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines <input type="checkbox"/> Shrimp <input type="checkbox"/> Chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Beef <input type="checkbox"/> Flank <input type="checkbox"/> Round <input type="checkbox"/> Sirloin <input type="checkbox"/> Pork Tenderloin	
VEGETABLES <i>-Fresh</i> <i>-Frozen without added sauces/salt/seasonings</i> <i>-Canned (low sodium or reduced sodium)</i>		FRUITS <i>-Fresh or Frozen without added sugars</i> <i>-Canned (100% juice, Splenda, or light syrup)</i>		CONVENIENCE MEALS <i>-Pair with frozen veggies</i> <i>-Add fruit or a side salad</i> <i>-Keep in freezer at work</i>
<input type="checkbox"/> Green Beans <input type="checkbox"/> Broccoli <input type="checkbox"/> Asparagus <input type="checkbox"/> Leafy Greens <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Zucchini <input type="checkbox"/> Beets <input type="checkbox"/> Eggplant	<input type="checkbox"/> Lettuce <input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Tomatoes <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Peapods <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Green Onions <input type="checkbox"/> Spicy Peppers	<input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Berries <input type="checkbox"/> Melons <input type="checkbox"/> Grapes <input type="checkbox"/> Raisins <input type="checkbox"/> Prunes <input type="checkbox"/> Figs <input type="checkbox"/> Peaches <input type="checkbox"/> Plums	<input type="checkbox"/> Oranges <input type="checkbox"/> Grapefruits <input type="checkbox"/> Tangerines <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Pineapples <input type="checkbox"/> Mangos <input type="checkbox"/> Kiwis <input type="checkbox"/> Papayas	<input type="checkbox"/> Frozen Dinners/Burritos (<300-600 calories) <input type="checkbox"/> Lean Cuisine <input type="checkbox"/> Healthy Choice <input type="checkbox"/> Smart Ones <input type="checkbox"/> Amy's <input type="checkbox"/> Kashi <input type="checkbox"/> Reduced Fat/Sodium Soups and Chili
FATS <input type="checkbox"/> Avocado <input type="checkbox"/> Olive Oil (Extra Virgin) <input type="checkbox"/> Canola Oil <input type="checkbox"/> Peanut Oil <input type="checkbox"/> Sesame Oil		BEVERAGES <input type="checkbox"/> Water <input type="checkbox"/> Zero calorie beverages <input type="checkbox"/> Coffee/Tea <input type="checkbox"/> Skim or 1% Milk <input type="checkbox"/> Unsweetened Non-Dairy Milks		SWEET TREATS <input type="checkbox"/> Sugar Free Gelatin <input type="checkbox"/> Sugar Free Gum <input type="checkbox"/> Sugar Free Hard Candy
CONDIMENTS <input type="checkbox"/> Vinegar <input type="checkbox"/> Lemon Juice <input type="checkbox"/> Lime Juice <input type="checkbox"/> Mustard <input type="checkbox"/> Ketchup <input type="checkbox"/> Light Mayo <input type="checkbox"/> Miracle Whip <input type="checkbox"/> Sriracha Sauce		SPICES <input type="checkbox"/> Non-Caloric Sweetener <input type="checkbox"/> Sugar Free Syrup <input type="checkbox"/> Salsa <input type="checkbox"/> Reduced Sodium Soy Sauce <input type="checkbox"/> Tomato Paste <input type="checkbox"/> Hummus <input type="checkbox"/> Spaghetti Sauce		
<input type="checkbox"/> Basil <input type="checkbox"/> Cayenne Pepper <input type="checkbox"/> Chili Flakes <input type="checkbox"/> Chili Powder <input type="checkbox"/> Chives <input type="checkbox"/> Cilantro <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cumin		<input type="checkbox"/> Dill <input type="checkbox"/> Furikake <input type="checkbox"/> Garlic <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Ginger <input type="checkbox"/> Nutmeg <input type="checkbox"/> Onion Powder <input type="checkbox"/> Oregano		<input type="checkbox"/> Paprika <input type="checkbox"/> Parsley <input type="checkbox"/> Pepper <input type="checkbox"/> Rosemary <input type="checkbox"/> Sage <input type="checkbox"/> Salt <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Tarragon

BREAKFAST	Toast with peanut butter and sliced strawberries		Overnight oats: 1/2 cup dry oatmeal, topped with fruit, soaked in 1 cup milk overnight, add Tbsp. nuts in morning			
	Greek yogurt with fruit, chia seeds, nuts					
	Breakfast Sandwich: Egg, English muffin, cheese		Omelet: Add sautéed veggies with whole grain toast or fruit			
	Quiche: Mix beaten eggs, thawed frozen veggies, & cheese, bake in muffin pan for 10 minutes					
	Breakfast Hash: Microwave a diced sweet potato with 2 Tbsp. water for ~6 minutes covered, sauté spinach, mushroom, onions while microwaving, mix in potatoes with 1 Tbsp. oil, add salt and pepper, top with 1-2 eggs					
	Pita sliced into 8 triangles with 2-4 Tbsp. hummus, 1-2 cups raw veggies: cucumber, carrots, tomatoes					
	1/2 cup cottage cheese with 1 cup fruit, and 1 Tbsp. chia seeds			Smoothie: Blend 1-1.5 cups frozen fruit/veggies, 8oz Greek yogurt or milk or 1 scoop whey protein (~15-20g protein), 1-2 Tbsp. nut butter or 1/4 avocado, sweeten as desired with non-caloric sweetener		
	Breakfast Burrito: tortilla with beans, egg, veggies, salsa					
	2 Hardboiled eggs with a piece of fruit		Banana Oatmeal: Heat 1/2 cup oats, 1/2 tsp cinnamon, 1 cup water, top with sliced banana and 1 Tbsp. walnuts			
	Avocado Toast: 1/4-1/2 an avocado sliced or mashed on whole wheat toast, topped with tomato and an egg					
Breakfast Bowl: Chopped corn tortilla, beans, chicken, sautéed and fresh veggies, topped with an egg						
MEAL IDEAS LUNCH/ DINNER	Scrumptious Salads:		Salad Ideas: Greens/veggies + Protein + Starch + Fat + Flavor			
	-3-6 cups leafy greens		Southwest: Chipotle or cayenne pepper mixed in black beans, corn, tomatoes, olives, green onion, salsa			
	-2-6oz protein: eggs, tuna, salmon, chicken breast, or beans		Berry Delightful: Spinach or romaine, fresh sliced strawberries and/or blueberries, grilled chicken chunks, cucumber, feta or goat cheese			
	-Starch: Fresh or dried fruit, beans, frozen corn or peas		Beachy: 4oz Shrimp, 2 cups cucumber chunks, 1/3 cup fresh or frozen corn, 1/2 cup tomatoes, 1/4 cup diced onion, 1/2 avocado or 1 Tbsp. olive oil, 2-3 Tbsp. lime juice, dash cayenne pepper			
	-Add veggies as desired: Carrots, cucumber, tomatoes, onions, mushrooms, sprouts		Mediterranean: Lettuce, tomatoes, cucumber, chickpeas, feta cheese, olives, red onion slices, garlic and olive oil with vinegar			
	-Fat: 1/4-1/2 avocado or 1 Tbsp. oil, 5-10 sliced olives		Classic: Leafy greens, tomatoes, carrots, cucumber, mushrooms, radish, onion, corn, chicken, hardboiled egg			
	-Flavor: Lemon juice, vinegar and spices		Waldorf: Spring mix, chicken, sliced apples, cranberries or raisins, walnuts, vinaigrette			
	English Muffin Pizza: 1 English muffin, 2 Tbsp. spaghetti sauce, 1/4 cup cheese, toppings as desired, Toast in oven until cheese is melted		Peanut Butter and Banana Sandwich			
	Bean and Cheese Quesadilla: Add beans and cheese to a tortilla, microwave for 30 seconds or until cheese is melted		Tuna Kit: Tuna pouch, crackers, 1 Tbsp. mayo, raw veggies			
			Soup and Salad: Can of soup with a side salad and sliced fruit			
	Rice Cooker Pilaf: 1/3 cup brown rice, 1/3 cup lentils, 1/3 cup wild rice, 1 Tbsp. Better Than Bouillon mixed with 1.5 cups water, add chopped veggies like onions as desired, steam like normal		Chili Baked Potato: Microwave potato, top with 1/2 can chili			
			Microwave Stir Fry: Chop raw veggies: Broccoli, peapods, carrots, onions, zucchini, peppers, etc., mix with 2-4 Tbsp. desired sauce: vinegar, chili flakes, garlic, ginger, soy sauce, sesame oil, etc. in microwave for 3-5 minutes, add 3-4oz of previously cooked protein and 1 cup rice or quinoa			
			Grain Bowl: 1 cup rice, 1 cup beans, 2 cups vegetables			
Turkey Rotini: turkey meat balls, rotini pasta, pasta sauce, spinach or zucchini and garlic						
Lemon Pepper Fish: Microwave fish seasoned with lemon juice and pepper or lemon pepper seasoning						
SNACKS	1/4 cup nuts	Sardines	Edamame	Crackers	Chickpeas with salt/pepper	1/2 sandwich
	Cheese sticks	Popcorn	Fruit	Yogurt	Veggies with hummus	Hard boiled eggs