

# Grocery List

---

## Fruits/Juices

Apple Juice  
Apple Sauce  
Apples  
Apricots  
Bananas  
Dates  
Lemon Juice  
Lime Juice  
Mangoes  
Oranges/Juice  
Peaches  
Prunes  
Raisins

## Vegetables

Alfalfa Sprouts  
Artichoke Hearts  
Asparagus  
Avocados  
Black Olives  
Broccoli  
Butternut Squash  
Cabbage  
Capers  
Carrots  
Cauliflower  
Celery  
Eggplants  
Garlic  
Green Bell Peppers  
Green Olives  
Green Onions  
Leeks  
Mushrooms

## Vegetables (cont'd)

Lettuce  
Olives  
Onions  
Peas (frozen, cooked)  
Pimento  
Red Bell Pepper  
Russet Potatoes  
Shallots  
Spinach  
Sugar Snap Peas  
Summer Squash  
Sweet Yellow Peppers  
Tomatoes  
Water chestnuts  
Yams  
Zucchini

## Beans/Legumes

Black Beans  
Butter Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans (can)  
Lentils  
Lima Beans (can)  
Navy Beans (can)  
Red Beans (can)

## Breads/Starches

All Bran Cereal  
Barley  
Brown Rice  
Fettuccini  
Fiber One® Cereal  
Long Grain Rice

## Breads (cont'd)

Oat Bran  
Penne Pasta  
Rolled Oats  
Tortellini  
Whole Wheat Flour  
Whole Wheat Pasta  
Whole Wheat Pita  
Whole Wheat Tortillas

## Meats

Crab Meat, Cooked  
Ground Beef, Lean  
Ground Lean Turkey  
Lean Bacon  
Lean Ham  
Scallions  
Shrimp, large, peeled  
Tuna Fish, in water  
Turkey Breast  
White Chicken Breast

## Dairy

Cheddar Cheese (low fat)  
Cottage Cheese (low fat)  
Cream Cheese (fat free)  
Eggs  
Feta Cheese  
Half and half cream  
Low fat Milk  
Low fat Yogurt  
Monterrey Jack Cheese  
Parmesan Cheese  
Whipped Cream (Light)

**Spices/Herbs/Oils**

Baking Powder  
Basil (fresh)  
Canola Oil  
Chili Powder  
Cilantro (fresh)  
Cinnamon powder  
Cumin  
Curry Powder  
Dill, Fresh  
Dried onion flakes  
Garlic Salt  
Green chili sauce  
Italian Seasoning  
Nutmeg  
Olive Oil  
Oregano, ground  
Parsley  
Sage (fresh)  
Tarragon (fresh)  
Thyme (fresh)  
Vanilla

**Condiments/Sauces**

Beef Stock  
Brown Sugar  
Butter  
Chicken Bouillons  
Coconut Milk  
Cream of Celery Soup  
Cream of Mushroom Soup  
Dijon Mustard  
Honey  
Light Ranch Dressing  
Maple Syrup  
Mayonnaise, low fat  
Red Wine Vinegar  
Rice Vinegar  
Salsa, mild  
Soy Sauce  
Sugar  
Sweet Pickle Relish  
Tarragon Vinegar  
Tomato Paste  
Tomato Sauce  
Tomato Puree

**Other (List below)**