

# Grocery List

## Breads/Carbohydrates

- Cereal (whole grain)
- Oatmeal
- Bread (whole grain)
- Tortillas (whole grain)
- Buns (whole grain)
- Brown Rice
- Whole grain pasta /noodles
- Whole Grain Pancake Mix
- Cornbread Mix
- Stuffing Mix

## DAIRY

- Margarine (Smart Balance/I can't believe its not butter)
- Parmesan Cheese
- Mozzarella String Cheese
- Sliced Cheese
- Lowfat Cottage Cheese
- Shredded Cheese (mozzarella, 2% cheddar)
- Eggs
- Milk (Nonfat or 1%)
- Sour Cream (Low Fat)
- Greek Yogurt (Low Fat)

## SNACKS

- Popcorn
- Dried Fruit
- Granola Bars (nut/fruit)
- Pretzels
- Peanuts
- Nuts (almonds, walnuts)

## SPICES

- Basil
- Bay Leaves
- Chives
- Chili Peppers
- Chili Powder
- Cinnamon
- Garlic Powder
- Garlic Salt
- Oregano
- Parsley
- Pepper
- Rosemary
- Salt
- Seasoning / Poultry
- Seasoning / Taco
- Thyme

## Condiments

- BBQ Sauce
- Ketchup
- Peanut Butter
- Maple Syrup
- Light Miracle Whip or Mayo
- Mustard
- Olive Oil
- Pickles
- Vinaigrette dressing
- Worcestershire Sauce
- Hot sauce/Tabasco
- Salsa

## Canned Foods

- Baked Beans
- Black Beans
- Refried Beans
- Spaghetti Sauce
- Soup (chicken noodle, vegetable, tomato)
- Beef and Chicken broth

## Canned Foods Cont.

- Corn
- Green Beans
- Stewed Tomatoes
- Salmon
- Tuna
- Chicken

## Frozen Food

- Blueberries
- Blackberries
- Strawberries
- Mixed Fruit
- Green Beans
- Broccoli
- Carrots
- Stir Fry Mix
- Mixed Vegetables
- Chicken Breast
- Cod
- Salmon

## Meats

- 90/10 or leaner ground beef
- 90/10 or leaner ground turkey
- Pork Tenderloin
- Chicken Tenders
- Beef Roast
- Turkey Breast
- Lean Deli Meat

## Produce

- Apples
- Oranges
- Grapes
- Bananas
- Onions
- Tomatoes
- Lettuce
- Potatoes
- Sweet Potatoes
- Asparagus
- Cauliflower
- Tomatoes



**Beef Burritos with Rice and Mixed Veggies**

Whole Grain Tortillas  
Brown Rice  
Shredded 2% Cheddar Cheese  
Lowfat Sour Cream  
Taco Seasoning  
Salsa  
Refried Beans  
Mixed Frozen Vegetables  
90/10 or leaner Ground Beef  
Onion  
Tomatoes  
Shredded Lettuce

**BBQ Chicken with Sweet Potato and Green Beans**

BBQ Sauce  
Frozen or Canned Green Beans  
Frozen Chicken Breast  
Sweet Potato

**Baked Cod with Baked Potato and Asparagus**

Frozen Cod Filets  
Potatoes  
Fresh Asparagus

**Spaghetti with Turkey Meat Sauce and Salad**

Whole Grain Spaghetti  
Parmesan Cheese  
Spaghetti Sauce  
90/10 or Leaner Ground Turkey  
Lettuce and veggies for a salad  
Salad Dressing

**Beef Roast with Mixed Vegetables**

Beef Stock  
Stewed Tomatoes  
Frozen Carrots  
2-3# Beef Roast  
Onion  
Potatoes (cubed)  
Celery

**Turkey Breast with Stuffing and Broccoli**

Turkey Breast  
Box of Stuffing Mix  
Frozen Bag of Broccoli

**Staples**

Lowfat-Skim Milk	Margarine	Whole Wheat Bread	Cereal/Oatmeal
Salt	Pepper	Garlic Powder	Onion Powder
Lean Deli Meat	Mustard	Light Mayo/Miracle Whip	Peanut Butter
Lowfat Cheese	Frozen Veg.	Frozen Fruit	Frozen Meats
Olive Oil	Granola Bars	Dried Fruit	Pasta

**Money Saving Tips**

- Buy Off Brand
- Buy in Bulk
- Buy Sale Items
- Buy canned and frozen meats, vegetables, and fruits more often than fresh
- Cut out coupons
- Sign-up for store Club Cards

**Resources**

<http://www.myrecipes.com/>  
<http://www.mygrocerychecklist.com/>