

# Grocery List

## Whole Grains:

- Oats (Quaker Old-Fashioned Rolled Oats)
- Cream of Wheat or other whole grain hot cereal
- Steel cut oats
- Brown rice (frozen, microwaveable – Birdseye or Rice Expressions Organic brown rice)
- Ezekiel bread & Ezekiel cereal
- Popcorn kernels
- Whole grain bread (must list “whole grain \_\_\_\_\_” as the 1<sup>st</sup> ingredient to be considered a whole grain)
- Whole grain English muffins
- Whole grain wraps
- Whole wheat pasta
- Quinoa

**Produce: Buy in-season produce whenever possible. If out of season, buy frozen (even generic frozen produce is healthy).**

- Bananas
- Apples
- Unsweetened applesauce
- Blueberries
- Broccoli
- Brussels sprouts
- Carrots
- Celery
- Grapes
- Green beans
- Kiwi
- Tomato
- Oranges, tangerines, other citrus fruits
- Mixed salad greens
- Spinach or Kale
- Sweet potatoes
- Zucchini

## Dairy:

- Nonfat or 1% organic milk
- Almond milk - Unsweetened
- Nonfat or lowfat plain yogurt
- Nonfat greek yogurt
- Low fat, low sugar kefir
- String cheese

## Protein:

- Bison steaks or ground meat
- Black beans
- Chicken breast or thighs (boneless, skinless)
- Ground turkey (98% lean)
- Eggs
- Egg whites
- Quinoa
- Water packed canned tuna or salmon
  - Sunkist Lunch-to-go packs

## Miscellaneous:

- Almond butter
- Almonds, unsalted
- Cashews, unsalted
- Coffee
- Flaxseed
- Chia Seeds
- Green tea
- Low-sodium chicken stock
- Olive Oil
- Canola Oil
- Protein powder – low sugar
- Raisins or dried low-sugar cranberries
- Walnuts
- Organic maple syrup
- Stevia packets or liquid
- Oil spray bottle (for olive or safflower oil)
- Tomato sauce

Day	Breakfast	Snack	Lunch	Snack	Dinner	Before Bed(opt)
Day 1	Oatmeal or Cream of Wheat with blueberries, almonds or pecans, almond milk; water and coffee or tea. Boiled egg for protein OR whey protein powder	Nonfat plain yogurt (add chia seeds), Stevia packet, berries; water	Spinach salad with cooked chicken, mandarin oranges, balsamic vinaigrette, sliced almonds; water or tea	Orange slices, almonds or cashews, water	Bison steak, baked sweet potato, steamed broccoli; water or tea	Almond butter and 1 slice whole grain bread or Ezekiel bread
Day 2	Ezekiel bread toast, almond butter or natural peanut butter, sliced banana; water and coffee or tea	Trail mix (blend almonds, cashews, dried cranberries, raisins); 1 apple water	Whole-grain wrap with Dijon mustard, spinach, sprouts, roasted chicken or turkey; water	Celery slices; 2 Tbs. almond butter; water	Baked or crock-pot chicken, brown rice, mixed steamed veggies; water	Air-popped popcorn; almonds; water or caffeine-free herbal tea
Day 3	Whole grain English muffin, poached egg, slice of low-fat cheese, tomato or spinach; water and coffee or tea	Hardboiled egg; 1 banana; water	Chicken salad made with leftover chicken, lite mayo, celery, on whole grain bread, cauliflower pieces	Lunchpail Muffin; water or tea	Stir-fry: chicken thighs, mixed veggies, teriyaki sauce; brown rice	Low sugar - high fiber cereal, milk of choice
Day 4	Green Monster Smoothie 2 cups spinach, 1 banana, 1 C milk (your choice), cup of ice, (optional: protein powder, stevia)	Sliced apple, 2 Tbs. almond butter; water	Leftover stir fry and brown rice from Day 3 dinner, grapes, water	Nut crackers; Baybell lowfat cheese; baby carrots	Taco meat made with ground bison or 95% lean ground beef, whole wheat or corn tortillas, lite cheese, salsa, veggies	Homemade whole grain muffin, chamomile or mint tea
Day 5	Yogurt Parfait: ¾-1 cup lowfat or nonfat plain yogurt, 1 cup mixed berries, sliced almonds or Ezekiel cereal	Egg Salad (made with light mayo) on WW crackers; fruit; water or tea	Taco Salad made with leftover Day 4 meal, salad greens, lite shredded cheese, 8 tortilla chips, salsa	Sliced cucumbers, carrots, celery hummus; water	No-sugar spaghetti sauce with ground beef or turkey, whole wheat pasta or spaghetti squash, salad with vinaigrette	String cheese wrapped in 1 slice of low fat turkey
Day 6	Whole grain waffles topped with maple syrup, sliced bananas and pecans; water, almond milk, coffee or tea	Banana slices dipped in 2 Tbs natural peanut butter	Leftover spaghetti sauce and pasta, sliced cucumbers, lite ranch dip	Half a Green Monster Smoothie	Homemade chicken nuggets*, baked sweet potato fries, sugar snap peas, water/tea	Rice cake topped with low fat yogurt
Day 7	Egg whites scrambled with spinach, red pepper, mozzarella cheese; water, coffee or tea	Homemade muffin, watermelon cubes, tea	Vegetable soup; Lunch-to-Go tuna pack	Nonfat Greek yogurt mixed with dark sweet cherries	Homemade whole wheat pizza* with turkey pepperoni, mushrooms, onion, side salad	Whole grain wrap topped with nut butter, rolled around a banana