

MY HEALTHY MEAL GROCERY LIST

The Basics of a Healthy Meal

CARBOHYDRATES

BREAD

- Bread
whole grain
- Bread
Ezekiel
- English Muffins
Ezekiel
- Tortillas
brown rice
- Tortillas
corn
- Tortillas
Ezekiel

CEREAL

- All Bran
- Fiber One
- Granola
low-fat
- Kashi
GoLean
- Kashi
Good Friends
- Kashi
Heart to Heart
- Oatmeal
Heart to Heart

FRUIT

- Apples
- Apricots
- Bananas
- Berries
- Grapes
- Kiwis
- Melons
- Oranges
- Tangerines

GRAIN

- Amaranth
- Barley
- Buckwheat
- Couscous
- Rice
long grain brown
- Rice
wild
- Spelt

PASTA

- Pasta
brown rice
- Pasta
whole-grain

ROOT VEGETABLES

- Potatoes
russet, red, gold; small = 1 1/2"
- Sweet Potatoes
small = 2" diameter + 4" long

STARCHY VEGETABLES

- Peas
- Corn

LEGUMES

- Beans
boiled or low-sodium canned
- Lentils
boiled or low-sodium canned

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PROTEIN

DAIRY

- Cottage Cheese
- Egg Substitutes
- Egg Whites
- Greek Yogurt
nonfat plain

POULTRY

- Chicken
lean ground breast
- Chicken Breast
- Chicken Thighs
- Turkey
breast, not deli
- Turkey
deli, low-sodium
- Turkey
lean ground

POWDERS

- Egg
- Legume
- Soy
- Whey

RED MEAT

- Buffalo
ground
- Beef
extra-lean ground
- Roast Beef
low-sodium deli
- Steak
cube, flank, round
- Venison/Elk

SEAFOOD

- Salmon
canned in water
- Salmon
fillet
- Shellfish
*clams, crab, lobster, mussels,
scallops, shrimp*
- Tuna
canned in water
- Tuna
fillet
- White-Fleshed Fish

VEGETABLE

- Tempeh
- Texturized Vegetable
Protein (TVP)
- Tofu

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FATS

DAIRY

Cheese
low-fat

Egg Yolk

Feta Cheese

Heavy Cream

Mozzarella Cheese
low-fat

DRESSINGS

Balsamic Vinaigrette

Mayonnaise
regular

Salad Dressing
low-fat creamy

FRUIT

Avocado

Olives
large

NUTS & SEEDS

Almond Butter
with salt

Almonds
raw, whole

Peanut Butter
natural with salt

Peanuts

Pecans
raw, chopped

Pumpkin Seeds

Sesame Butter/Tahini

Sunflower Seeds

Walnuts

OILS

Canola Oil

Fish Oil

Flaxseed Oil

Olive Oil

VEGETABLES

Asparagus

Beets

Broccoli

Cabbage

Cauliflower

Carrots

Celery

Collard Greens

Eggplant

Green Beans

Lettuce

Mixed Greens

Mushrooms

Onions

Peppers

Spinach

Turnips

Zucchini

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SPICES & SEASONINGS

- Basil
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Cloves
- Cocoa Powder
- Curry
- Garlic
- Ginger
- Horseradish
- Mrs. Dash Blends
- Nutmeg
- Oregano
- Parsley
- Paprika
- Pepper
- Rosemary

DRINKS

- Water
- Almond Milk
- Coffee
- Tea

- Sage
- Sea Salt
- Tarragon
- Thyme
- Turmeric

LIQUIDS

- Butter Spray
- Chicken Broth
low-sodium
- Chili Sauce
- Lemon Juice
- Lime Juice
- Soy Sauce
low-sodium
- Tabasco

TOMATO PRODUCTS

- Marinara Sauce
- Salsa
- Tomato Paste

- Tomato Sauce

PASTES

- Chili Paste
- Hummus
- Mustard

SWEETENERS

- Stevia
- Xylitol

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The Basics of a Healthy Meal

Grocery Shopping Tips for Success

One of the key tools for weight loss success is planning your food. Learning to master grocery shopping will help you in increasing your success on your diet and keeping temptations to a minimum. Keep these top 10 tips in mind when hitting the grocery store to keep your diet and shopping on track.

- Tip #1 – Shop the outer aisles. Hit the produce department, meat department, and dairy department before you enter any aisles in the center of the store.
- Tip #2 – Snack attack. This should be obvious but don't even think about going down the cookie, chips, or soda aisles. If you never bring it in your home (or car) you won't be tempted to eat it.
- Tip #3 – Never shop on an empty stomach. If you're hungry you'll be more apt to grab the easiest, quickest thing and that's often not the healthy choice.
- Tip #4 – Read the labels. Now I know this can sometimes seem like a pain but remember the big picture. Besides, once you know a food is OK you never have to read the label again.
- Tip #5 – Keep it simple. When reading the labels the more ingredients you can't pronounce or recognize the more you should pass on the product.
- Tip #6 – Keep good company. Only shop with friends or family who will be encouraging you to make healthy choices.
- Tip #7 – Make a list. Know what your menu plans are for the next week and only buy the items that fit your plan. No cheating (unless you're buying for your guilt free days).
- Tip #8 – Bottoms up. When shopping for beverages, skip the soda and look for calorie free drink flavors to spice up your water.
- Tip #9 – Skip the store. Growing your own foods is the best way to make sure you're getting fresh organic veggies; plus, the exercise you enjoy while tending the garden is wonderful.
- Tip #10 – Chop your own. Buying pre-cut foods can cost more and cutting them yourself is just one more way to keep moving.

With just a little planning and a few simple rules, you can be a success at the supermarket.