



fun and healthy shopping list

PROTEIN / SUBSTITUTES

- White Fish, Tuna, Salmon, Shrimp, Lobster, Clams, Scallops, Oysters, Crab
- Chicken, Turkey
- Beef, Veal, Lamb, Pork, Ham
- Deli Turkey, Buffalo Chicken, Roast Beef, Pastrami, Pepperoni, Prosciutto, Pancetta
- Veggie Burgers/Meatless Products
- Beans (Kidney, Lentil, Lima, Chickpea, Navy, Cannellini)
- Tofu
- Nut Butters
- Protein Powder/Shakes
- Almonds, Walnuts, Cashew, Pine and Pistachio Nuts
- Hummus
- Seeds (pumpkin, sunflower)
- Eggs
- Cottage/Ricotta Cheese
- Hard Cheese, Cheddar/Parmesan
- Soft Cheese: Muenster, Goat, Feta, Mozzarella, Baby Bell®, Laughing Cow®, String Cheese

DAIRY

- Unsweetened Almond Milk/ Coconut Milk
- Greek Yogurt

FRUITS

- Blueberries/Blackberries/ Raspberries/ Strawberries
- Limes/ Lemons
- _____
- _____

CONDIMENTS

- Butter
- Cream Cheese
- Sour Cream
- Herbs (Basil, Chives, Cilantro, Parsley)
- Mayonnaise/ Miracle Whip®
- Oil (Olive, Canola)
- Olives
- Salad Dressing
- Salsa
- Spices and Garlic
- Pickles

DRINKS

- Fruit 2-0®, Crystal Lite®, PowerAde® Zero
- Flavored Club Soda
- V-8 Juice®
- Tea & Coffee

VEGETABLES

- Artichoke
- Asparagus
- Avocados
- Beets
- Bell peppers (green, red, yellow, orange)
- Brussel Sprouts
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Lettuce, Romaine, Endive (large leaves to act as a lettuce wrap)
- Leafy green vegetables: Arugula, Spinach, Kale, Swiss Chard
- Mushrooms
- Okra
- Onions
- Pea Pods
- Radishes
- Sprouts for salads
- String Beans
- Summer/spaghetti squash
- Tomatoes
- Turnips
- Water Chestnuts
- Zucchini

OTHER ITEMS

- Joseph® Pita Wrap, FlatOut®
- Lite Bread
- Sugar Free Jello®, Popsicles
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- _____
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