

# This Week's Shopping List

This is a great basic shopping list. Check off the foods you need and add others you want to buy.

Foods in **bold** are **Power Foods**, our nutritional rock stars!

## PRODUCE

- Fresh fruit** (avocado is not a Power Food)
- Fresh vegetables** (broccoli, carrots, peppers, potatoes, squash, etc.)
- Fresh herbs
- Packaged lettuce, coleslaw mix or shredded carrots**
- Chopped fresh vegetables for soup, stir-fries and kabobs**

## MEATS & PREPARED FOODS

(fresh and/or frozen)

- Skinless chicken breast, turkey breast** or chicken thighs
- 99% fat-free ground turkey** or **93% lean ground beef**
- Lean pork chop** or **pork loin**
- Lean flank steak, beef tenderloin or strip sirloin**
- Tuna fillet, wild salmon** or **flounder**
- Shrimp**
- Roasted whole chicken
- Lean deli meats

## DAIRY

- Fat-free milk** or low-fat milk
- Regular soy milk** (plain)
- Eggs** or **egg substitute**
- Fat-free regular cheese**
- Low-fat shredded cheese or string cheese
- Crumbled feta or Parmesan cheese
- Low-fat cream cheese
- Fat-free cottage cheese**
- Fat-free plain Greek yogurt**
- Low-fat fruit-flavored yogurt
- Silken** or **firm regular** or **low-fat tofu**

## PANTRY STAPLES

- Whole wheat pasta** or regular pasta
- Brown rice** or white rice
- Bulgur, quinoa** or **barley**
- Reduced-calorie bread** or **hamburger buns**
- Thin sandwich bread** or **light English muffins**
- Weight Watchers® bagels
- Whole wheat or corn tortillas
- Plain oatmeal** or **cream of wheat**
- Unsweetened shredded wheat** or whole grain cereal
- Canned black bean** or **chickpeas**
- Reduced-sodium chicken** or **vegetable broth**
- Canned tomato sauce** or jarred marinara sauce
- Canned diced tomatoes**
- Fat-free salsa**
- Canned vegetables** (without added salt)
- Canned white tuna** (packed in water) or **canned salmon**
- Light microwaved** or **air-popped popcorn**
- Sugar-free gelatin**
- Canned unsweetened fruit** (in water)

## FREEZER STAPLES

- Frozen vegetables** (without added sauce and salt)
- Frozen unsweetened fruit**
- Veggie burgers** (with 2 gm of fat or less)
- Vegetarian ground meat**
- Whole grain waffles
- Weight Watchers ice cream bars
- Sorbet

## SEASONINGS & CONDIMENTS

- Cooking spray, oil and vinegar
- Salt and pepper
- Dried herbs and spices, seasoning mixes and dry rubs
- Fat-free or low-fat salad dressing
- Fat-free mayonnaise
- Mustard
- Ketchup
- Reduced-sodium soy sauce
- Steak sauce
- Teriyaki sauce

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