



Weekly Shopping List

Week 1	Week 2	Week 3	Week 4
<p>Items you'll need for days 1-7. Remember water and pick items from the Healthy Snacks List.</p> <ul style="list-style-type: none"> • Cold cereal Avoid cereals with lots of sugar. Try corn flakes, Cheerios, bran flakes, puffed wheat, puffed rice, shredded wheat, etc. • Oatmeal • Eggs • Turkey bacon or ham • Orange juice • Low-fat milk • Low-fat yogurt 6 oz servings • Low-fat cheese • Fruit smoothies or whey protein shakes • Fresh fruit Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist. • Vegetables Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans. • Salad Ingredients Lettuce, cucumbers, tomatoes, etc. • Low-fat salad dressing • Soup non-creamy • Brown rice • Wheat, whole grain or multi-grain bread • Turkey, chicken and ham sandwich meat • Mayonnaise or mustard • Soy patties or veggie burger • Potato chips or pretzels • Lean steak, fish, chicken 4 or 5 oz servings • Whole wheat pasta • Tomato sauce 	<p>Items you'll need for days 8-14. Remember water and pick items from the Healthy Snacks List.</p> <ul style="list-style-type: none"> • Orange juice • Small bagels • Grits • Eggs • Turkey bacon or ham • American cheese • Low-fat milk • Pancake mix and syrup • Low-fat waffles and syrup • Jelly • Fruit smoothies • Low-fat yogurt 6 oz servings • Cream cheese • Potato chips or pretzels • Fresh fruit Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist. • Vegetables Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans. • Salad Ingredients Lettuce, cucumbers, tomatoes, etc. • Low-fat salad dressing • Brown rice • Wheat, whole grain or multi-grain bread • Tuna, turkey, chicken and ham sandwich meat • Mayonnaise • Chicken breast 4 or 5 oz servings • Fish 4 or 5 oz servings • Lean steak 4 or 5 oz servings • Veggie burger or turkey burger • Soup non-creamy • Pita bread • Sushi ingredients for 6 rolls • Pizza No hamburger or sausage toppings. • Lasagna Pasta, cheese, tomato sauce 	<p>Items you'll need for days 15-21. Remember water and pick items from the Healthy Snacks List.</p> <ul style="list-style-type: none"> • Cold cereal Avoid cereals with lots of sugar. Try corn flakes, Cheerios, bran flakes, puffed wheat, puffed rice, shredded wheat, etc. • Orange juice • Eggs • Turkey bacon or ham • Whole wheat English muffins • Peanut butter • Fruit smoothies or whey protein shakes • Cream of wheat, oatmeal or farina • Pancake mix and syrup • Low-fat milk • Low-fat yogurt 6 oz servings • Fresh fruit Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist. • Vegetables Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans. • Salad Ingredients Lettuce, cucumbers, tomatoes, etc. • Low-fat salad dressing • Lean steak, turkey 4 or 5 oz servings • Mayonnaise or mustard • Crackers • Low-fat cheese • Vegetable stew • Pork chop • Brown rice • Soup non-creamy • Wheat, whole grain or multi-grain bread • Roast beef sandwich meat • Sweet potato • Veggie burger or turkey burger • Lean ground beef for meatloaf • Salmon 4 oz servings • Pizza No hamburger or sausage toppings. 	<p>Items you'll need for days 22-30. Remember water and pick items from the Healthy Snacks List.</p> <ul style="list-style-type: none"> • Eggs • Turkey bacon or ham • Cream of wheat, oatmeal or farina • Low-fat waffles and syrup • Orange juice • Low-fat milk • Low-fat cottage cheese • Low-fat cheese • Granola • Low-fat yogurt 6 oz servings • Fruit smoothies or whey protein shakes • Fresh fruit Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist. • Vegetables Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans. • Salad Ingredients Lettuce, cucumbers, tomatoes, etc. • Low-fat salad dressing • Wheat, whole grain or multi-grain bread • Tuna, turkey, chicken, roast beef and ham sandwich meat • Brown rice • Chili • Macaroni and cheese • Beef stew • Mayonnaise or mustard • Lean ground beef for meatballs • Crackers • Skinny fries • Shrimp • Dipping sauce • Soup non-creamy • Soy patties or veggie burger • Potato chips or pretzels • Lean steak, fish, chicken breast 4 or 5 oz servings • Lasagna Pasta, cheese, tomato sauce • Whole wheat pasta • Tomato sauce