

Shopping List

Week One

Seasonings

Basil
Cooking spray, vegetable
Cooking wine, white
Garlic clove
Ginger
Italian seasoning
Oregano
Paprika
Parsley flakes
Pepper
Rosemary
Salt
Tarragon
Thyme

Staples

Bouillon powder, beef -- 1/8 oz
Bouillon powder, chicken -- 1/8 oz
Bread crumbs, Italian -- 1/2 oz
Cooking oil, vegetable -- 1/8 oz
Cornstarch -- 1/8 oz
Flour, all purpose -- 1/8 oz
Spaghetti sauce, Ragu, Hearty -- 4 oz
Sugar, granulated -- 1/8 oz
Sunflower, seeds -- 1 tsp

Condiments

Mayonnaise salad dressing -- 3 oz
Pickle spears, dill -- 2-2/3 oz
Salad dressing, Ital, 6cal/Tbl -- 2-1/2 oz
Salsa -- 5-1/2 oz
Soy sauce, low-sodium -- 1/2 oz

Canned Vegetables

Beans, Garbanzo -- 1/2 oz
Tomatoes, stewed -- 5 oz
Water chestnuts, Chinese -- 2 oz

Canned Fruits - juice packed

Pears, in own juice -- 4 oz
Pineapple rings -- 2 oz

Other

Popcorn cakes, 35 cal/each -- 3
Pretzels, large, Snyder's -- 9 oz
Tortilla chips, packaged -- 1-1/3 oz

Pastas & Rices

Fettuccine -- 3-3/4 oz
Spaghetti -- 3 oz

Breads & Cereals

Bagel -- 3
Bread, pita -- 2 oz
Bread, sliced -- 3/4 loaf
English muffin -- 3
Roll, whole wheat -- 2

Breads & Cereals (continued)

Shredded wheat, large biscuit -- 9 oz

Juices

Apple juice, unsweetened -- 1 oz

Fresh Fruits & Vegetables

Apple, medium -- 6
Bean sprouts -- 1/4 cup
Bell pepper, red -- 1/2
Broccoli -- 40 oz
Cucumbers -- 1/2
Lemon -- 1/4
Lettuce -- 1/2 head
Mushrooms -- 3-1/2 oz
Onions, purple -- 3-1/3 oz
Onions, spring -- 1
Onions, white -- 1/3
Potatoes -- 15-1/2 oz
Snow peas -- 2/3 oz
Tomato -- 1-1/2
Tomato, Roma -- 1-1/2
Zucchini -- 3-3/4 oz

Cheeses

Feta cheese, crumbled -- 2-3/4 oz
Parmesan cheese, grated -- 1/2 oz

Dairy Products

Cottage cheese, 2% -- 8 oz
Cream cheese, Philadelphia -- 2 oz
Margarine, 50 cal/Tbl -- 8 oz
Milk, skim -- 1-2/3 quarts
Orange juice -- 24 oz
Yogurt, lowfat, plain -- 1/2 oz
Yogurt, nonfat, w/fruit, sug-free 8oz -- 6

Meats

Beef, round, eye, lean -- 4 oz
Chicken breast, skinned -- 8 oz
Lean deli meat -- 13 oz

Seafood, fresh

Scallops -- 7-1/2 oz
Shrimp -- 5-1/2 oz

Frozen Foods

Blueberries, unsweetened -- 4 oz
Corn-on-Cob, Green Giant, small -- 4
Frozen yogurt, lowfat, vanilla -- 1-1/2 qt
Green peas -- 8 oz
Pancakes, Aunt Jemima Lite -- 4

Reminder

Food items for your dinner salads, as well as any substitutions you may choose to make, do not appear on this shopping list. The dinner salad preparation is detailed on page 6-2. Substitutions are detailed on page 4-1.