**PRODUCE**

Fresh fruit (anything you like)

Fresh vegetables

* Onions
* Mushrooms
* Garlic
* Carrots
* Lettuce (whole or bagged)
* Stuff you like in salads (tomatoes, peppers, etc.)
* Stuff you like cooked (broccoli, asparagus, etc.)

**MEAT + POULTRY + FISH**

Boneless, skinless chicken breast

98% fat-free ground turkey or chicken (may be called ground chicken breast- I personally don’t like ground turkey but if you do then get the one that says 98% fat free or ground turkey breast

Lean, trimmed flank steak, beef tenderloin or strip sirloin

93% or 96% lean ground beef

Fish (anything you like including salmon, tuna, cod, etc.)

Shellfish (I eat tons of shrimp)

**DELI**

Lean deli meats (turkey, lean ham, etc. Scan barcodes for low point ones.)

Ball park white turkey franks (scan for one point each) if you like hotdogs. I put them on toasted light bread

**GRAINS + PASTA**

Whole-grain or regular pasta (I use regular pasta-I can’t stand the brown stuff)

Brown rice or white rice (I prefer basmati but anything is fine if you like to have rice sometimes.)

**CANNED FOODS + STAPLES**

Tomato sauce

Tomato puree or crushed tomatoes

Diced tomatoes

Fat-free salsa

Black beans

Chickpeas

White beans (great northern, navy or cannellini)

Fat-free refried beans

Diced green chiles (they come in a small can in the Mexican foods area- buy at least 2)

Vegetables (without added sugar or oil) I don’t usually buy canned veggies except what is listed above

Unsweetened fruit (in water or juice-not syrup-I buy the individual plastic cups)

Unsweetened applesauce (again the plastic cups)

Reduced sodium chicken broth in cans or cartons

Albacore tuna (in water) if you like tuna

Flour

**SNACKS**

Microwave popcorn in mini bags that say 97% fat free (scan the box for points-aim for 3 points per bag)

Popcorn kernels for at home popping (I love popcorn so I bought a microwave popper)

Pretzel sticks

Corn thins (they look like wheat thins but they are made with corn - in a white box)

Fiber One or Protein One bars (scan for 2-3 point bars)

Pistachio nuts

**FROZEN**

Corn kernels

Edamame

Vegetables (without added sauce and salt)

Unsweetened fruit

Diet ice cream pints (there are a ton of new brands like Halo Top, Low cow, etc. scan the barcodes for points)

**SEASONINGS + CONDIMENTS**

Butter and Olive oil cooking spray (get a lot)

Fat free Italian dressing (store brand is fine)

Balsamic vinegar if you like it

Salt and pepper

Dried herbs and spices, seasoning mixes, dry rubs (Get cumin, oregano and chili powder for sure)

Taco seasoning packets

Hot sauce

Mustard (any flavor but definitely get Dijon-generic is fine)

Ketchup (low sugar if you can find it)

Reduced-sodium soy sauce

Pickles and dill relish (sweet relish is fine if you get sugar-free)

Sugar free maple syrup

Sugar free jam, jelly or preserves

Sugar free pudding mix (get a few)

Sugar free jello mix or ready-made cups (if you like jello)

**DAIRY + EGGS**

Eggs

Egg substitute

Fat-free milk

Unsweetened almond milk or cashew milk

Nonfat plain Greek yogurt (buy a large container)

Reduced-fat shredded cheese (mozzarella, cheddar)

Low-fat string cheese (scan barcode for one point per piece)

Reduced-fat cream cheese if you like cream cheese

Nonfat cottage cheese

**BREAD + CEREAL**

Look for a brand called Joseph’s pita bread or lavash (scan-should be 1 point per pita or 2 points for the lavash) It may be in the deli section or in the bread aisle

Reduced-calorie bread (scan for 1 point per slice)

Low carb tortillas (scan for 1-2 points max) MY FAVORITE IS CALLED OLE EXTREME WELLNESS (tortillas can be hard to find in the store—they could be in the deli, bread row, Mexican food section or in a display somewhere)

Plain oatmeal if you like oatmeal (I hate oatmeal)

If you get cereal scan for 3 points per cup (Cheerios, rice krispies, special K, corn flakes) I eat Fiber One.

**DRINKS**

Unsweetened flavored water (La Croix, etc.)

Crystal light

Tea and coffee

COKE ZERO