

# GROCERY SHOPPING OPTIONS

**THE 28-DAY**

**SIZE DOWN**

**CHALLENGE™**

This grocery list is provided for use as a guideline for the grocery items outlined in your Healthy Menu Options. You only need to purchase those items you wish to enjoy. You can also use the Menu Options document as a way to judge the food quantities you'll need to purchase.

## Fruits and Vegetables

- Apples
- Asparagus
- Avocados
- Baby spinach
- Bananas
- Black Beans
- Beets
- Black olives
- Blueberries
- Broccoli
- Canned yams
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Cherries
- Corn
- Cucumbers
- Cucumber salad
- Grapefruit
- Grapes
- Green beans
- Green peppers
- Kiwis
- Lettuce
- Mashed potatoes

- Mixed vegetables
- Mushrooms
- Onions
- Oranges
- Peaches
- Pears
- Peas
- Plums
- Potatoes
- Raspberries
- Red peppers
- Strawberries
- Summer squash
- Sweet potatoes
- Tangerine
- Three bean salad
- Tomatoes
- Zucchini

## Meats and Seafood

- Baked ham
- BBQ chicken
- Extra lean ham
- Chicken breast (skinless)
- Flank steak
- Haddock
- Halibut
- Ground beef (lean)
- Pork chops
- Pork tenderloin
- Salmon
- Scallops
- Shrimp
- Swordfish
- Tuna (light chunk canned in water)
- Turkey breast
- Whitefish

## Dairy and Eggs

- Butter (spray)
- Cheese (low-fat, shredded)
- Cheese (sliced)
- Cottage cheese (low-fat)
- Cream cheese (low-fat)
- Eggs
- Egg Beaters
- Frozen yogurt
- Margarine (reduced-fat)
- Milk (fat-free)
- Mozzarella cheese (low-fat)
- Parmesan cheese
- Swiss cheese (fat-free)
- Yogurt (low-fat)

## Condiments and Sauces

- Apple cider vinegar
- Maple syrup (low-calorie)
- Marinara
- Mustard
- Olive oil
- Peanut oil
- Mayo (reduced-fat)
- Salad dressing (reduced-fat)
- Salsa
- Sweet relish
- Taco seasoning
- Tartar sauce
- Vinegar

## Grains and Cereals

- Brown rice
- Chili
- Couscous
- Cranberry cornmeal pancakes
- Croutons
- English muffin
- Bread (high fiber)
- Granola (low-fat)
- Melba toast
- Multigrain bran waffles
- Oatmeal
- Pasta
- Pita pockets
- Rice cakes
- Saltine crackers
- Sesame breadsticks
- Bagels (small)
- Dinner rolls (small)
- Tortilla shells
- Whole grain unsweetened cereal
- Whole grain pancakes
- Whole wheat crackers
- Whole wheat rolls
- Whole wheat wraps

## Nuts and Misc. Snacks

- Almond butter
- Almonds
- Apple sauce
- Cashews
- Chocolate pudding
- Hummus
- Jelly
- Minestrone soup
- Peanut butter (reduced-fat)
- Pecans
- Plain popcorn
- Raisins
- Vegetable soup