

# GROCERY SHOPPING OPTIONS

**THE 28-DAY**

**SIZE DOWN**

**CHALLENGE™**

Should you choose to follow our suggested Healthy Meal Options, the following list of Grocery Options may be helpful as you plan your meals and grocery shop for the 28-Day Challenge.

We recommend you shop for one week of meals at a time, and use the Healthy Meal Options you've chosen for that week to determine 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
- Flank steak
- Haddock
- Halibut
- Lean ground beef
- Pork chops
- Pork tenderloin
- Salmon
- Scallops
- Shrimp
- Skinless chicken breast
- Swordfish
- Light chunk tuna in water
- Turkey breast
- Whitefish

## Dairy and Eggs

- Egg Beaters
- Eggs
- Fat-free milk
- Fat-free Swiss cheese
- Frozen yogurt
- Low-fat cottage cheese
- Low-fat cream cheese
- Low-fat mozzarella cheese
- Low-fat shredded cheese
- Low-fat yogurt
- Parmesan cheese
- Reduced-fat margarine
- Sliced cheese
- Spray butter

## Condiments and Sauces

- Apple cider vinegar
- Low-cal maple syrup
- Marinara
- Mustard
- Olive oil
- Peanut oil
- Reduced-fat dressing
- Reduced-fat mayo
- Salsa
- Sweet relish
- Taco seasoning
- Tartar sauce
- Vinegar

## Grains and Cereals

- Brown rice
- Chili
- Couscous
- Cranberry cornmeal pancakes
- Croutons
- English muffin
- High fiber bread
- Low-fat granola
- Melba toast
- Multigrain bran waffles
- Oatmeal
- Pasta
- Pita pockets
- Rice cakes
- Saltine crackers
- Sesame breadsticks
- Small bagels
- Small dinner rolls
- 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
- Pecans
- Plain popcorn
- Raisins
- Reduced-fat peanut butter
- Vegetable soup