Grocery Shopping List during Covid-19

**General Tips:**

- Know what you need ahead of time! Minimize trips to the store.
- Take paper list (circle what you need)- dispose of after trip
- Only take what you need inside (= face covering, hand sanitizer + sanitizing wipes, credit card, ID/club card (if needed), paper list, car key).
  - Leave your phone & extra stuff in the car

**Vegetables Have 3-5 bags frozen vegetables on hand**
- Asparagus (fresh/frozen)
- Beets (fresh, frozen, or canned)
- Broccoli (fresh/frozen)
- Brussel sprouts (fresh or frozen)
- Carrots (fresh or frozen)
- Cauliflower (fresh/frozen)
- Celery
- Cucumbers
- Dark green leafy (e.g. collards, kale, arugula)
- Edamame (frozen)
- Garlic
- Green Beans (fresh/frozen/canned)
- Mushrooms
- Onions (look for red & purple)
- Peas
- Pea pods (fresh/frozen)
- Peppers (green, orange, red, yellow)
- Potatoes (red, blue, sweet)
- Snow Peas
- Spinach (fresh/frozen/canned)
- Squash (Acorn, Butternut, Summer, Spaghetti, Yellow). Look for spiraled options too
- Tomatoes (fresh/canned)
- Zucchini

**Condiments**
- Ketchup
- Honey
- Jelly
- Maple Syrup
- Marinara Sauce
- Mayonnaise
- Mustard
- Salad dressing
- Salsa
- Vinegar (Balsamic, White Wine- use for dressing w/ olive oil)

**Canned items**
- Beans/Lentils (Black, Garbanzo, Kidney, Lentils, Navy, Pinto, White)
- Fruit (packed in water or own juice)
- Soup (Black bean, Chicken Noodle, Italian Wedding Soup, Lentil, Minestrone, Split Pea, Tomato, Vegetable)
- Tomatoes (Diced, paste)
- Vegetables (No salt added)

**Breads** (>3g fiber, <2g added sugar preferred)
- Bagels (Regular/Thins- fresh or frozen)
- Bread- Whole Grain (1st ingredient = 100% whole grain. Pumpernickel, Oat, Rye, Spelt, Wheat)
- English Muffins
- Pita Bread
- Flatbread
- Lavash
- Whole wheat tortilla/flatbreads

**Snacks**

**Bars** (~10-20g PRO, ~30g Carb (~15g sugar), ~15g fat)
- RX
- Kind
- Think Bar

**Savory** (~5g fat, >3g fiber)
- Baked Chips (Athenos Pita, Lays)
- Beef or Turkey Jerky
- Kashi Original 7 grain crackers
- Popcorn
- Pretzels
- Sun chips
- Triscuits (Original Thin Crisps)

**Sweet** (<5g fat, <~8g sugar)
- Dark Chocolate (chips/bar >70% preferred)
- Animal crackers
- Graham Crackers (Original)
- Whole grain fig bars

**Frozen** (<5g fat, <8g added sugar)
- Halo Top
- Yasso Bars

**Fruit** (choose 4-5 options per week)*
- Apples (get bag of small)
- Bananas
- Berries (e.g. blackberries, blueberries, strawberries, raspberries)*- 1 bag
- Cherries*
- Citrus (oranges, grapefruit, halos)

*Use frozen

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**Canned/Grains/starches (>3g fiber)**
- Barley
- CousCous
- Pasta (wheat)
- Quinoa
- Rice (brown, wild)
- Yellow corn meal
- Rice (brown, wild)
- Barley
- Grains/starches

**Baking/Cooking Items (if needed)**
- Baking Powder
- Baking Soda
- Bread crumbs (panko, whole wheat)
- Flour (All-purpose, whole wheat, chickpea, almond)
- Herbs/Spices: (e.g. Basil, Cinnamon, Cloves, Garlic, Ginger, Nutmeg, Paprika, Sage, Thyme, Tumeric)
- Oil (Avocado, Canola, Flaxseed, Olive)
- Pepper
- Salt
- Sugar (white, brown, coconut)

**Protein**
- Meat, poultry, eggs, fish, nuts/seeds, beans (= see canned items).

**Buy for 3-5 dinners + 4-6 lunches/week. Get 2-3 *back up options!*)**

**Beef**
- Extra Lean ground beef (95%)
- Eye of Round
- Flank Steak
- Sirloin Tips
- Tenderloin

**Eggs**
- Fish/Seafood (Get fresh or frozen)
  - Cod
  - Mackerel
  - Salmon (can get canned/foiled packed)*
  - Sardines (=good source omega 3 fat)*
  - Scallops
  - Shrimp
  - Trout
  - Tuna (can get canned/foiled packed)*

**Lunch Meat**
- Tukey/ham/roast Beef
- Poultry (chicken/turkey/Cornish hen)
  - Chicken breast, thighs, tenders
  - Turkey cutlet, tenderloin
  - Ground turkey or chicken breast
  - Grilled chicken strips (fresh or frozen)*

**Pork**
- Canadian Bacon
- Center cuts (e.g. chops)
- Tenderloin

**Nuts/seeds**
- Peanut, Almond or Sunbutter
- Almonds, walnuts, pistachios
- Sunflower, Pumpkin, Chia, Flax

**Cheese** (cheese sticks, foil wrapped, shredded, sliced)
- Cottage Cheese (1-2%)
- Milk (skim, 1%, 2%, chocolate, lactose free, plant protein, soy. Can look for shelf stable)
- Yogurt (1-2%). Greek & Icelandic have more protein

**Miscellaneous/other**
- Frozen waffles (Kodiak= high protein)
- Instant Carnation Breakfast (in the cereal aisle)

**Butter/spreads**
- Organic butter
- Whipped or light spread
- Olive oil or yogurt spread