**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

**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 (Reg/Thins - fresh or frozen)
- Bread- Whole Grain (1" thickness = 100% whole grain. Pumpernickel, Oat, Rye, Spelt, Wheat)
- English Muffins
- Pita Bread
- Flatbread
- Lavash
- Whole wheat tortilla/ wraps
- Whole wheat flatbread w/ whole grain wrap
- Whole wheat pizza crust

**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

**Vegetables**
- Have 3-5 bags frozen vegetables on hand
- Asparagus (fresh/frozen)
- Beets (fresh, frozen, or canned)
- Broccoli (fresh/frozen)
- Brussels 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

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

- 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)

- Baked Goods (4-5 options)
  - Almonds, walnuts, pistachios
  - Brownie Mix
  - Cookies (3-4 long term)
  - Pancake mix
  - Pie crusts

- Cereal (>3g fiber, ~<8g sugar)
  - Oatmeal (Old Fashioned/Steel Cut preferred - look for sugar <4g)
  - Cheerios
  - Kashi (Original, Cinnamon Crisp, Honey Toasted O's, Cinnamon French Toast)
  - Shredded Wheat

- Milk (>8g protein, <5g fat, <10g added sugar)
  - 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

- Baking, Cooking, Cleaning/Sanitizing
  - Hand sanitizer
  - Paper list
  - Car key

- Dairy (>8g protein, <5g fat, <10g added sugar)
  - 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

**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
- Turkey 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, Flaxseeds

**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

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

Choose 3-4 salad ingredients + 1-3 options for side vegetables. Have 3-4 bags frozen vegetables on hand.

- Asparagus (fresh/frozen)
- Beets (fresh/canned)
- Broccoli (fresh/frozen)
- Brussels sprouts (fresh/frozen)
- Carrots (fresh/frozen. Look for tri-color in fresh)
- Cauliflower (fresh/frozen)
- Celery
- Cucumbers
- Dark green leafy (e.g. collards, kale, arugula)
- Edamame (frozen)
- Garlic
- Green beans (fresh/frozen)
- Mushrooms
- Onions (look for red & purple)
- Peas
- Pea pods (fresh/frozen)
- Peppers (green, orange, red, yellow)
- Potatoes (red, blue, orange/sweet)
- Snow Peas
- Spinach (fresh/frozen)
- Squash (Acorn, Butternut, Summer, Spaghetti, Yellow). Look for spiralized
- Tomatoes
- Zucchini

### Canned/Fruit

- Beans/Lentils (Black, Black eyed peas, Garbanzo, Kidney, Lentils, Navy, Pinto)
- Fruit (packed in water or own juice)
- Pumpkin (100% pure)
- Soup (Black bean, Chicken Noodle, Italian Wedding Soup, Lentil, Minestrone, Split Pea, Tomato, Vegetable)
- Tomatoes (Diced, paste)
- Vegetables (No salt added)

### Butters/spreads

- Organic butter
- Whipped or light spread
- Olive oil or yogurt spread

### Salad dressings

- Balsamic
- Maple Syrup
- Jelly (All fruit)
- Ketchup (<2g sugar)
- Marinara Sauce (<6g sugar)
- Soy Sauce
- Sunflower Oil

### Grains/starches

(>3g fiber)

- Barley
- Cous Cous
- Pasta (buckwheat, chickpea, quinoa, spelt, sprouted wheat
- Quinoa
- Rice (brown, wild)
- Yellow corn meal

### Cereal

(-<3g fiber, <8g sugar)

- Oatmeal (Old Fashioned/Steel Cut preferred- look for sugar <1g)
- Cheerios (Original)
- Kashi (Original, Cinnamon Crisp, Honey Toasted O’s, Cinnamon French Toast)
- Shredded Wheat
- Total
- Wheat Chex

### Baking/Cooking Items

- Baking Powder
- Baking Soda
- Bread crumbs (panko, whole wheat)
- Flour (All-purpose, almond, chickpea, whole wheat)
- Herbs/Spices: Basil, Chili powder, Cilantro, Cinnamon, Cloves, Cumin, Garlic, Ginger, Nutmeg, Oregano, Paprika, Parsley, Rosemary, Sage, Thyme, Turmeric
- Oil (Avocado, Canola, Flaxseed, Olive)
- Pepper
- Salt
- Sugar (brown, coconut, white)

### Condiments

- Ketchup (<2g added sugar)
- Honey (local if available)
- Jelly (All fruit)
- Maple Syrup (100% natural)
- Marinara Sauce (<6g sugar)
- Mayonnaise
- Mustard
- Salad dressing (<8g sugar)
- Salsa
- Vinegar (Balsamic, Red/White)
- Wine- use for dressing w/ olive oil

### Snacks

Bars (10-20g PRO, ~30g Carb (<8g added sugar), <15g fat)

- Kind
- RX
- 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)

- Animal crackers
- Dark Chocolate (chips/bar >70% cacao preferred)
- Graham Crackers (Original)
- Whole grain fig bars

Frozen (<5g fat, <8g added sugar)

- Halo Top
- Yasso Bars

### Dairy

(>8g protein, <5g fat, <8g added sugar)

- Cheese (cheese sticks, foil wrapped, shredded, sliced)
- Cottage Cheese (1-2%)
- Milk (1%, 2%, chocolate, lactose free, plant protein, soy)
- Yogurt (0-2%). Greek & Icelandic have more protein

### Miscellaneous

- Frozen waffles (Kodiak = protein enhanced)
- Instant Carnation Breakfast (in the cereal aisle)

### Protein

Meat, poultry, eggs, fish, nuts/seeds, soy, beans/lentils (< see canned items).

### Buy for 4-6 lunches & dinners/week

- Beef: Lean ground beef (>90% lean)
- Eye of Round
- Flank Steak
- Sirloin Tips
- Tenderloin
- Grass fed beef & game meat (=rich in omega 3 fat)

### Deli Meat

- Chicken, turkey, ham, roast beef

### Eggs

- Fish/Seafood

- (Not fried or breaded. Limit farmed raised. Get fresh or frozen)

### Snacks

- Kind
- RX
- Think Bar

### Savory

- Baked Chips (Athenos Pita, lays)
- Beef or Turkey Jerky
- Kashi Original 7 grain crackers
- Popcorn
- Pretzels
- Sun chips
- Triscuits (Original Thin Crisps)

### Sweet

- Animal crackers
- Dark Chocolate (chips/bar >70% cacao preferred)
- Graham Crackers (Original)
- Whole grain fig bars

### Frozen

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

### Other

- Cleaners
- Detergent
- Toiletries

### Soy

- Tofu, tempeh

### Nuts/seeds

- Almonds, cashews, pecans, pistachios, walnuts
- Nut or seed butter (All Natural, no sugar added; almond, peanut, sunflower seed)
- Seeds: Chia, Flax, Pumpkin, Sunflower

### Breads

(>3g fiber, <2g added sugar per slice)

- Bagels (Regular/Thins- fresh/frozen, whole grain preferred)
- Bread- Whole Grain (1st ingredient = 100% whole grain; Amaranth, Barley, Bulgur, Farro, Millet, Oat, Pumpernickel, Quinoa, Rye, Spelt, Quinoa, Wheat)
- English Muffins
- Flatbread
- Lavash
- Pita Bread
- Whole grain tortilla/wraps

### Miscellaneous

- Frozen waffles (Kodiak = protein enhanced)
- Instant Carnation Breakfast (in the cereal aisle)