

## Weekly Shopping List

Week 1	Week 2	Week 3	Week 4
<p><b>Items you'll need for days 1-7. Remember water and pick items from the Healthy Snacks list.</b></p> <ul style="list-style-type: none"> <li>● <b>Cold cereal</b> Avoid cereals with lots of sugar. Try corn flakes, Cheerios, bran flakes, puffed wheat, puffed rice, shredded wheat, etc.</li> <li>● <b>Oatmeal</b></li> <li>● <b>Eggs</b></li> <li>● <b>Turkey bacon or ham</b></li> <li>● <b>Orange juice</b></li> <li>● <b>Low-fat milk</b></li> <li>● <b>Low-fat yogurt</b> 6 oz servings</li> <li>● <b>Low-fat cheese</b></li> <li>● <b>Fruit smoothies or whey protein shakes</b></li> <li>● <b>Fresh fruit</b> Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist.</li> <li>● <b>Vegetables</b> Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans.</li> <li>● <b>Salad ingredients</b> Lettuce, cucumbers, tomatoes, etc.</li> <li>● <b>Low-fat salad dressing</b></li> <li>● <b>Soup</b> non-creamy</li> <li>● <b>Brown rice</b></li> <li>● <b>Wheat, whole grain or multi-grain bread</b></li> <li>● <b>Turkey, chicken and ham sandwich meat</b></li> <li>● <b>Mayonnaise or mustard</b></li> <li>● <b>Soy patties or veggie burger</b></li> <li>● <b>Potato chips or pretzels</b></li> <li>● <b>Lean steak, fish, chicken</b> 4 or 5 oz servings</li> <li>● <b>Whole wheat pasta</b></li> <li>● <b>Tomato sauce</b></li> </ul>	<p><b>Items you'll need for days 8-14. Remember water and pick items from the Healthy Snacks list.</b></p> <ul style="list-style-type: none"> <li>● <b>Orange juice</b></li> <li>● <b>Small bagels</b></li> <li>● <b>Grits</b></li> <li>● <b>Eggs</b></li> <li>● <b>Turkey bacon or ham</b></li> <li>● <b>American cheese</b></li> <li>● <b>Low-fat milk</b></li> <li>● <b>Pancake mix and syrup</b></li> <li>● <b>Low-fat waffles and syrup</b></li> <li>● <b>Jelly</b></li> <li>● <b>Fruit smoothies</b></li> <li>● <b>Low-fat yogurt</b> 6 oz servings</li> <li>● <b>Cream cheese</b></li> <li>● <b>Potato chips or pretzels</b></li> <li>● <b>Fresh fruit</b> Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist.</li> <li>● <b>Vegetables</b> Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans.</li> <li>● <b>Salad ingredients</b> Lettuce, cucumbers, tomatoes, etc.</li> <li>● <b>Low-fat salad dressing</b></li> <li>● <b>Brown rice</b></li> <li>● <b>Wheat, whole grain or multi-grain bread</b></li> <li>● <b>Tuna, turkey, chicken and ham sandwich meat</b></li> <li>● <b>Mayonnaise</b></li> <li>● <b>Chicken breast</b> 4 or 5 oz servings</li> <li>● <b>Fish</b> 4 or 5 oz servings</li> <li>● <b>Lean steak</b> 4 or 5 oz servings</li> <li>● <b>Veggie burger or turkey burger</b></li> <li>● <b>Soup</b> non-creamy</li> <li>● <b>Pita bread</b></li> <li>● <b>Sushi</b> ingredients for 6 rolls</li> <li>● <b>Pizza</b> No hamburger or sausage toppings.</li> <li>● <b>Lasagna</b> Pasta, cheese, tomato sauce</li> </ul>	<p><b>Items you'll need for days 15-21. Remember water and pick items from the Healthy Snacks list.</b></p> <ul style="list-style-type: none"> <li>● <b>Cold cereal</b> Avoid cereals with lots of sugar. Try corn flakes, Cheerios, bran flakes, puffed wheat, puffed rice, shredded wheat, etc.</li> <li>● <b>Orange juice</b></li> <li>● <b>Eggs</b></li> <li>● <b>Turkey bacon or ham</b></li> <li>● <b>Whole wheat English muffins</b></li> <li>● <b>Peanut butter</b></li> <li>● <b>Fruit smoothies or whey protein shakes</b></li> <li>● <b>Cream of wheat, oatmeal or farina</b></li> <li>● <b>Pancake mix and syrup</b></li> <li>● <b>Low-fat milk</b></li> <li>● <b>Low-fat yogurt</b> 6 oz servings</li> <li>● <b>Fresh fruit</b> Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist.</li> <li>● <b>Vegetables</b> Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans.</li> <li>● <b>Salad ingredients</b> Lettuce, cucumbers, tomatoes, etc.</li> <li>● <b>Low-fat salad dressing</b></li> <li>● <b>Lean steak, turkey</b> 4 or 5 oz servings</li> <li>● <b>Mayonnaise or mustard</b></li> <li>● <b>Crackers</b></li> <li>● <b>Low-fat cheese</b></li> <li>● <b>Vegetable stew</b></li> <li>● <b>Pork chop</b></li> <li>● <b>Brown rice</b></li> <li>● <b>Soup</b> non-creamy</li> <li>● <b>Wheat, whole grain or multi-grain bread</b></li> <li>● <b>Roast beef sandwich meat</b></li> <li>● <b>Sweet potato</b></li> <li>● <b>Veggie burger or turkey burger</b></li> <li>● <b>Lean ground beef for meatloaf</b></li> <li>● <b>Salmon</b> 4 oz servings</li> <li>● <b>Pizza</b> No hamburger or sausage toppings.</li> </ul>	<p><b>Items you'll need for days 22-30. Remember water and pick items from the Healthy Snacks list.</b></p> <ul style="list-style-type: none"> <li>● <b>Eggs</b></li> <li>● <b>Turkey bacon or ham</b></li> <li>● <b>Cream of wheat, oatmeal or farina</b></li> <li>● <b>Low-fat waffles and syrup</b></li> <li>● <b>Orange juice</b></li> <li>● <b>Low-fat milk</b></li> <li>● <b>Low-fat cottage cheese</b></li> <li>● <b>Low-fat cheese</b></li> <li>● <b>Granola</b></li> <li>● <b>Low-fat yogurt</b> 6 oz servings</li> <li>● <b>Fruit smoothies or whey protein shakes</b></li> <li>● <b>Fresh fruit</b> Bananas, cantaloupe, etc. Berries to mix into yogurt and add to cereal. One serving of fruit should be the size of your fist.</li> <li>● <b>Vegetables</b> Celery, carrots, beans, lentils, chickpeas, corn, broccoli, etc. Consider vegetables for sides, snacks and ingredients. Avoid baked beans.</li> <li>● <b>Salad ingredients</b> Lettuce, cucumbers, tomatoes, etc.</li> <li>● <b>Low-fat salad dressing</b></li> <li>● <b>Wheat, whole grain or multi-grain bread</b></li> <li>● <b>Tuna, turkey, chicken, roast beef and ham sandwich meat</b></li> <li>● <b>Brown rice</b></li> <li>● <b>Chili</b></li> <li>● <b>Macaroni and cheese</b></li> <li>● <b>Beef stew</b></li> <li>● <b>Mayonnaise or mustard</b></li> <li>● <b>Lean ground beef for meatballs</b></li> <li>● <b>Crackers</b></li> <li>● <b>Skinny fries</b></li> <li>● <b>Shrimp</b></li> <li>● <b>Dipping sauce</b></li> <li>● <b>Soup</b> non-creamy</li> <li>● <b>Soy patties or veggie burger</b></li> <li>● <b>Potato chips or pretzels</b></li> <li>● <b>Lean steak, fish, chicken breast</b> 4 or 5 oz servings</li> <li>● <b>Lasagna</b> Pasta, cheese, tomato sauce</li> <li>● <b>Whole wheat pasta</b></li> <li>● <b>Tomato sauce</b></li> </ul>