

SHOPPING LIST-PHASE II-6

HIGHER CARBOHYDRATE

Vegetables

- ___ 3 cups broccoli florets
 - ___ 10 baby carrots
 - ___ 1 cup sliced carrots
 - ___ 2 celery stalks
 - ___ 2 cups green beans
 - ___ 2 lettuce leaves
 - ___ 1 cup shredded lettuce
 - ___ 1/2 cup sliced mushrooms
 - ___ 1/2 cup green peas
 - ___ 1 large dill pickle
 - ___ 1 medium tomato
 - ___ 1 cup stir fry vegetables
 - ___ 1 1/2 cups sliced zucchini
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Fruit

- ___ 4 medium apples
 - ___ 2 medium bananas
 - ___ 1/2 cup blueberries
 - ___ 1 cup cubed cantaloupe
 - ___ 3 cups grapes
 - ___ 2 medium oranges
 - ___ 1 medium peach
 - ___ 1/2 cup pears, canned in water
 - ___ 1 cup pineapple, canned in juice
 - ___ 1/2 cup raspberries
 - ___ 8 medium strawberries
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Dairy

- ___ 1 slice American cheese
 - ___ 3 oz cheddar cheese
 - ___ 1 oz part skim mozzarella cheese
 - ___ 1 oz. provolone cheese
 - ___ 2 tbsp shredded parmesan cheese
 - ___ 2 tbsp light (Neufchatel) cream cheese
 - ___ 1 1/2 cups 2% cottage cheese
 - ___ 1 - 8 oz light fruited yogurt - lowfat
 - ___ 3 - 8 oz light fruited yogurt - nonfat
 - ___ 1 1/4 cups egg substitute (= 5 eggs)
 - ___ 1 eggs
 - ___ 5 cups skim milk
 - ___ 1/2 gallon skim milk for shakes
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Meat and Seafood

- ___ 10 oz Canadian Bacon
 - ___ 4 Healthy Choice® breakfast sausage links
 - ___ 4 oz lean deli ham
 - ___ 7 oz deli turkey breast
 - ___ 2 oz deli roast beef
 - ___ 12 oz chicken breast
 - ___ 4 oz pork chop
 - ___ 4 oz 96% lean hamburger meat
 - ___ 4 oz sirloin steak
 - ___ 10 oz shrimp, peeled
 - ___ 6 oz scallops
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Starches

- ___ 9 slices 100% whole wheat bread
 - ___ 1-8" 100% whole wheat tortilla
 - ___ 1 1/3 cups cooked brown rice
 - ___ 1 cup cooked whole wheat pasta
 - ___ 6 pieces Melba toast
 - ___ 2 cups Cheerios® cereal
 - ___ 1 cup cooked oatmeal
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Other

- ___ 3 tbsp butter
 - ___ 2 tbsp cocktail sauce
 - ___ 1 tbsp peanut butter
 - ___ 2 tbsp salsa
 - ___ 2 tbsp soy sauce
 - ___ 3/4 cup spaghetti sauce
 - ___ 1 oz almonds, roasted and salted
 - ___ 1/4 cup raisins
 - ___ 1 cup black beans
 - ___ 1/2 cup baked beans
 - ___ 1/2 cup mashed cooked sweet potato
 - ___ Salad Dressing
 - ___ 2 Lean Cuisine® Frozen Dinners
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Recipes this week

- ___ Pork Chops & Sauerkraut, page 104
- ___ Glazed Salmon, page 107
- ___ Maple Turkey Salad, page 97