

# SHOPPING LIST-PHASE I - HIGHER CARBOHYDRATE

## Vegetables

- \_\_\_ 3 cups broccoli florets
  - \_\_\_ 50 baby carrots
  - \_\_\_ 1/2 cup whole kernel corn
  - \_\_\_ 1/2 cup sliced cucumber
  - \_\_\_ 1 cup green beans
  - \_\_\_ 4 lettuce leaves
  - \_\_\_ 1/2 cup sliced mushrooms
  - \_\_\_ 1/2 cup sliced onion
  - \_\_\_ 1/2 cup snow peas
  - \_\_\_ 1/2 cup diced green pepper
  - \_\_\_ 1 large dill pickle
  - \_\_\_ 6 cups fresh spinach
  - \_\_\_ 1 medium tomato
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## Fruit

- \_\_\_ 2 medium apples
  - \_\_\_ 2 bananas
  - \_\_\_ 3/4 cup blueberries
  - \_\_\_ 1 1/2 cup cubed cantaloupe
  - \_\_\_ 2 1/4 cup grapes
  - \_\_\_ 1 medium orange
  - \_\_\_ 1 medium peach
  - \_\_\_ 1/2 cup canned pineapple
  - \_\_\_ 1 cup raspberries
  - \_\_\_ 16 medium strawberries
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## Dairy

- \_\_\_ 1 mozzarella string cheese
  - \_\_\_ 1 tbsp shredded Parmesan
  - \_\_\_ 1 tbsp grated Parmesan
  - \_\_\_ 1 oz Swiss cheese
  - \_\_\_ 2 cups 2% cottage cheese
  - \_\_\_ 2 - 8 oz light fruited yogurt - nonfat
  - \_\_\_ 1 1/2 cups egg substitute ( = 6 eggs)
  - \_\_\_ 1 egg
  - \_\_\_ 2 1/2 cups skim milk
  - \_\_\_ 1/2 gallon skim milk for shakes
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## Meat and Seafood

- \_\_\_ 2 oz Canadian Bacon
  - \_\_\_ 6 oz lean deli ham
  - \_\_\_ 6 oz deli turkey breast
  - \_\_\_ 14 oz chicken breast
  - \_\_\_ 4 oz 96% lean hamburger
  - \_\_\_ 4 oz pork loin, lean
  - \_\_\_ 4 oz sirloin steak
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## Starches

- \_\_\_ 9 slices 100% whole wheat bread
  - \_\_\_ 2/3 cup cooked brown rice
  - \_\_\_ 1 cup cooked whole wheat pasta
  - \_\_\_ 4 Rye Krisp® Crackers
  - \_\_\_ 1 cup All Bran® Cereal
  - \_\_\_ 1/2 cup cooked oatmeal
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## Other

- \_\_\_ 6 cups microwave lowfat popcorn
  - \_\_\_ 2 tbsp pesto
  - \_\_\_ 1/4 cup raisins
  - \_\_\_ 2 tbsp soy nuts, honey roasted
  - \_\_\_ 2 tbsp soy sauce
  - \_\_\_ 1/2 tbsp sunflower seed kernels
  - \_\_\_ 8 oz V-8® juice
  - \_\_\_ Salad Dressing
  - \_\_\_ 2 Lean Cuisine® Frozen Dinners
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## Recipes this week

- \_\_\_ No Pasta Salad, page 96
- \_\_\_ Maple Turkey Salad, page 97
- \_\_\_ Glazed Salmon, page 107
- \_\_\_ Blue Cheese Dip, page 94
- \_\_\_ Squash & Pepper Medley, page 108
- \_\_\_ Shrimp & Mushroom Scampi, page 106