

SHOPPING LIST-PHASE II-6 - HIGHER PROTEIN

Vegetables

- ___ 1 1/2 cups broccoli florets
 - ___ 40 baby carrots
 - ___ 1 cup cauliflower florets
 - ___ 4 stalks celery
 - ___ 1/2 cup sliced cucumber
 - ___ 1 1/2 cups green beans
 - ___ 1/2 cup sliced green pepper
 - ___ 4 lettuce leaves
 - ___ 1/2 cup mixed vegetables
(no peas or corn)
 - ___ 1/2 cup sliced mushrooms
 - ___ 1/2 cup diced onion
 - ___ 1 cup stir fry vegetables
 - ___ 9 cups fresh spinach
 - ___ 1 1/2 cups sliced zucchini
-

Fruit

- ___ 1 medium apricot
 - ___ 1/2 banana
 - ___ 1 1/2 cup cubed cantaloupe
 - ___ 1 medium orange
 - ___ 1 medium peach
 - ___ 16 medium strawberries
 - ___ 1 cup cubed watermelon
-

Dairy

- ___ 1 slice American cheese
 - ___ 1 oz Cheddar cheese
 - ___ 1 tbsp crumbled feta cheese
 - ___ 3 oz part skim mozzarella cheese
 - ___ 1 mozzarella string cheese
 - ___ 2 tbsp shredded Parmesan
 - ___ 1 oz Swiss cheese
 - ___ 4 cups 2% cottage cheese
 - ___ 3 - 8 oz light fruited yogurt - nonfat
 - ___ 3 1/4 cups egg substitute (= 13 eggs)
 - ___ 8 eggs
 - ___ 4 cups skim milk
 - ___ 1/2 gallon skim milk for shakes
-
-

Meat and Seafood

- ___ 4 slices fat free turkey bacon
 - ___ 4 oz Canadian Bacon
 - ___ 8 oz lean deli ham
 - ___ 43 oz deli turkey breast
 - ___ 6 oz chicken breast
 - ___ 6 oz sirloin steak
 - ___ 4 oz 96% lean hamburger
 - ___ 4 oz pork loin
 - ___ 8 oz orange roughy
 - ___ 6 oz salmon fillet or steak
 - ___ 4 oz shrimp, peeled
 - ___ 1 (3-ounce) can chicken, packed in broth
 - ___ 2 (6-ounce) can tuna, packed in water
-

Starches

- ___ 7 slices 100% whole wheat bread
 - ___ 1-8" 100% whole wheat tortilla
 - ___ 1/2 cup whole cooked wheat pasta
 - ___ 1 1/3 cup cooked brown rice
 - ___ 3/4 cup Cheerios® cereal
 - ___ 1 cup cooked oatmeal
-

Other

- ___ 1/2 tbsp light mayonnaise
 - ___ 4 tbsp peanut butter
 - ___ 1 teaspoon butter
 - ___ 2 tablespoons salsa
 - ___ 2 tbsp soy sauce
 - ___ Salad Dressing
 - ___ 1 cup V-8® juice
 - ___ 1/2 cup black beans
 - ___ 1/2 cup cooked lentils
 - ___ 2 Lean Cuisine® Frozen Dinners
-

Recipes this week

- ___ Meatball Stroganoff, page 102
- ___ Creamy Broccoli Soup, page 99
- ___ White Chili, page 101
- ___ Pork Chops & Sauerkraut, page 104
- ___ Curves Quiche, page 103
- ___ Tomato Cream Chicken, page 105