

# SHOPPING LIST-PHASE I - HIGHER PROTEIN

## Vegetables

- \_\_\_ 3 cups broccoli florets
  - \_\_\_ 40 baby carrots
  - \_\_\_ 2 stalks celery
  - \_\_\_ 2 cups green beans
  - \_\_\_ 4 lettuce leaves
  - \_\_\_ 1 cup sliced mushrooms
  - \_\_\_ 1<sup>1</sup>/<sub>2</sub> cups diced/sliced onions
  - \_\_\_ 1/2 cup snow peas
  - \_\_\_ 6 cups fresh spinach
  - \_\_\_ 1 medium tomato
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## Fruit

- \_\_\_ 1 medium apple
  - \_\_\_ 1/4 cup blueberries
  - \_\_\_ 1<sup>1</sup>/<sub>2</sub> cup cubed cantaloupe
  - \_\_\_ 3/4 cup grapes
  - \_\_\_ 1 medium nectarine
  - \_\_\_ 1 medium orange
  - \_\_\_ 1/2 cup pineapple, canned in juice
  - \_\_\_ 1/2 cup raspberries
  - \_\_\_ 12 medium strawberries
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## Dairy

- \_\_\_ 1/2 oz Cheddar cheese
  - \_\_\_ 2 oz part skim mozzarella cheese
  - \_\_\_ 2 mozzarella string cheese
  - \_\_\_ 1 tbsp grated Parmesan cheese
  - \_\_\_ 1 tbsp shredded Parmesan cheese
  - \_\_\_ 1 oz Swiss cheese
  - \_\_\_ 2<sup>1</sup>/<sub>2</sub> cups 2% cottage cheese
  - \_\_\_ 1 - 8 oz light fruited yogurt - nonfat
  - \_\_\_ 3 cups egg substitute ( = 12 eggs)
  - \_\_\_ 1 egg
  - \_\_\_ 1<sup>1</sup>/<sub>4</sub> cups skim milk
  - \_\_\_ 1/2 gallon skim milk for shakes
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## Meat and Seafood

- \_\_\_ 4 slices fat free turkey bacon
  - \_\_\_ 8 oz Canadian Bacon
  - \_\_\_ 9 Healthy Choice® Breakfast Sausage Links
  - \_\_\_ 8 oz lean deli ham
  - \_\_\_ 11 oz deli turkey breast
  - \_\_\_ 16 oz chicken breast
  - \_\_\_ 4 oz 96% lean hamburger
  - \_\_\_ 4 oz pork loin, lean
  - \_\_\_ 4 oz sirloin steak
  - \_\_\_ 10 oz shrimp, peeled
  - \_\_\_ 2 (3-oz) cans tuna, packed in water
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## Starches

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

- \_\_\_ 1/2 tbsp light mayonnaise
  - \_\_\_ 1/2 tbsp real mayonnaise
  - \_\_\_ 2 tbsp soy sauce
  - \_\_\_ 3 cups microwave lowfat popcorn
  - \_\_\_ Salad Dressing
  - \_\_\_ 2 Lean Cuisine® Frozen Dinners
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## Recipes this week

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