



Sample Shopping List

PROTEIN

Beef – lean cut or low-fat ground
 Chicken – white meat only
 Eggs – large
 Fish
 Shellfish
 Lamb – lean cut or low-fat ground
 Pork – lean cut or low-fat ground
 Turkey – white meat only, or low-fat ground
 Veal

VEGETARIAN PROTEIN

Edamame
 Soy Beans
 Tempeh
 Tofu – no starch
 Others

DAIRY

Buttermilk
 Cottage Cheese
 Milk
 Powdered Milk
 Yogurt

DAIRY SUBSTITUTES

Soy Milk – unsweetened
 Protein Powder – with no fillers or flavors

OILS

Mayonnaise – Duke’s Real
 Mayonnaise – Primal Kitchen
 Avocado
 Mayonnaise – Newman’s Own
 Classic Oil and Vinegar Salad dressing
 Olive Oil
 Salad Dressing
 Others

SAUCES

Bragg Aminos
 Salsa
 Tomato Sauce

HERBS & SPICES

Basil
 Chili Powder
 Cinnamon
 Dill
 Garlic Powder
 Ginger
 Others

CONDIMENTS

Horseradish
 Mustard
 Vinegar
 Others

FRUITS

Apples
 Berries
 Cantaloupe
 Grapefruit
 Honeydew
 Kiwi
 Lemons
 Nectarines
 Oranges
 Peaches
 Pears
 Pineapples
 Tangerines
 Watermelon
 Others

GRAINS

Amaranth
 Barley
 Brown Basmati Rice
 Brown Rice
 Cream of Brown Rice
 Cream of Rye
 Kasha-roasted buckwheat
 Millet
 Oat Bran
 Quinoa
 Rye
 Rye Berries
 Steel-Cut Oats
 Teff
 Whole Oats (groats)
 Others

BEANS

Black Beans
 Black-Eyed Peas
 Chickpeas
 Kidney Beans
 Lentils
 Lima Beans
 Navy Beans
 Pinto Beans
 Red Beans
 Soybeans
 Split Peas
 Others

STARCHY VEGETABLES

Peas
 Potatoes
 Hard Squash
 Sweet Potatoes
 Yams
 Others

VEGETABLES

Asparagus
 Bamboo Shoots
 Bok Choy
 Brussels Sprouts
 Broccoli
 Cabbage
 Carrots
 Eggplant
 Escarole
 Garlic
 Greens
 Green Beans
 Kale
 Leeks
 Lettuce
 Mushrooms
 Okra
 Onions
 Parsley
 Peppers
 Parsnips
 Pickles – deli, refrigerated, Bubbie’s
 Dill pickles are clean
 Pimentos
 Radishes
 Rutabaga
 Sauerkraut
 Scallions
 Snow Peas
 Spinach
 Sprouts
 Squash
 Swiss Chard
 Tomatoes
 Turnips
 Water Chestnuts
 Zucchini
 Others