



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
Italian Spices
Nutmeg
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
Chick Peas
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
Cauliflower
Celery
Cilantro
Cucumber
Eggplant
Escarole
Garlic
Greens
Green Beans
Kale
Leeks
Lettuce
Mushrooms
Okra
Onions
Parsley
Peppers
Parsnips
Peppers
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