

Grocery List

Meat/Protein

- ☐ Beef
- ☐ Chicken
- ☐ Fish
- ☐ Eggs/Egg substitutes
- ☐ Lamb
- ☐ Shellfish
- ☐ Tuna (canned in water)
- ☐ Turkey
- ☐ Veal
- ☐ Tofu (soft)

Bread/Cereal/Grains

- ☐ Bagels (no dried fruit)
- ☐ Bread (no nuts or seeds)
- ☐ Tortilla (flour)
- ☐ Hamburger bun
- ☐ Bread sticks
- ☐ Cereal, cooked (no milk)
- ☐ Cereal, dry (no dried fruit, nuts or seeds)
- ☐ English muffins
- ☐ Pasta
- ☐ Rolls, dinner
- ☐ Grits



- ☐ Popcorn (Kettle or without butter included)

- ☐ Couscous
- ☐ Crackers, white
- ☐ Rice cakes

Dairy/Dairy substitutes

- ☐ Non-dairy creamers
- ☐ Non-dairy frozen desert
- ☐ Rice milk
- ☐ Almond milk, unfortified

Beverages

- ☐ Tea bags/Coffee
- ☐ Lemon-lime soda
- ☐ Cream soda
- ☐ Orange /Grape soda
- ☐ Ginger-Ale
- ☐ Zevia Colas (All flavors)
- ☐ Juice/nectars (apple, cranberry, grape)
- ☐ Sparkling water (ICE)
- ☐ **Generic** bottled water



Fats

- ## Desserts

- ## Snacks/Shakes

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- ☐ Apple butter
- ☐ Honey
- ☐ Jelly/Jam
- ☐ Maple syrup
- ☐ Sugar (brown or white)
- ☐ Corn syrup
- ☐ Sweet & sour sauce
- ☐ Mustard/Ketchup
- ☐ Hot sauce
- ☐ Orange soda
- ☐ Vinegar
- Beef/chicken broth
(No salt or low sodium)
- ☐ Pico de gallo



Grocery List

Fruits

- ☐ Apples/Applesauce
- ☐ Apricots
- ☐ Blueberries
- ☐ Cherries
- ☐ Cranberries (fresh)
- ☐ Grapes
- ☐ Sliced peaches
- ☐ Pears
- ☐ Plums
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerine
- ☐ Watermelon
- ☐ Lemon
- ☐ Lime
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Vegetables

- ☐ Asparagus
- ☐ Broccoli
- ☐ Cabbage (shredded)
- ☐ Green beans
- ☐ Carrots
- ☐ Celery
- ☐ Corn
- ☐ Cauliflower
- ☐ Eggplant
- ☐ Lettuce
- ☐ Mustard greens
- ☐ Onions/Scallions
- ☐ Peas
- ☐ Sweet peppers
- ☐ Radishes
- ☐ Water chestnuts
- ☐ Whole tomato slices
- ☐ Grape tomatoes
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