

# Tw

#### Grocery List

meat/Protein
Beef
Chicken
Fish
Eggs/Egg substitutes
Lamb
Shellfish
Tuna (canned in water)
Turkey
Veal
Tofu (soft)
<b>Bread/Cereal/Grains</b>
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





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Fats
Butter
Cream cheese
Margarine
Mayonnaise
Salad dressings
Sour Cream
Vegetable oils
Desserts
Sherbert/Sorbet
Pies (apple, berry, lemon)
Cookies (ginger snaps,
shortbread, vanilla
wafers)
Cake (No chocolate or
milk-based or heavy
cream)
Snacks/Shakes
Nepro Protein Shake
Novasource Renal Shake
Zone Perfect Bars
ONE Protein Bars
Vidafuel Snacks

Condiments/Mixing
<b>Ingredients</b>
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





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# **Grocery List**

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

 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

