

Shopping List

Congratulations on taking the first step towards a healthy and nutritious lifestyle!

This list is not intended to take the place of a meal plan; the following items are suggestions only.

Always use the nutrition content on food labels, quality of the product, personal preference, and price to help you make the best purchase.

Remember to consider generic brands, as they may be just as suitable as and less costly than national brands.

Lean Protein

- Beans
- Edamame
- Eggs (*limit yolk intake to about 3-4/week*)
- Egg Beaters® or pure egg whites
- Fresh or frozen fish or shellfish without breading: shrimp, salmon, flounder
- Hummus
- Lean ground meat (90-95%): beef, white meat turkey, or chicken
- Legumes
- Lentils
- Loin or round cubes: beef, pork, lamb
- Low-sodium cold cuts: turkey, ham, roast beef
- Vegetarian products
 - Tempeh
 - Tofu
 - Veggie burgers

Shelf Stable Foods

- Cooking spray
- Fresh Herbs: basil, thyme, rosemary, oregano
- Hot sauce
- Low-calorie sweetener
- Low-fat mayo
- Low-sodium chicken, beef, or vegetable broth
- Mrs. Dash® Seasoning Blends
- Mustard
- Oils: olive, canola, safflower
- Salmon/tuna (*in water*)
- Salsa
- Salt-free Spices, including: cinnamon, garlic powder, cayenne powder, paprika, chili powder, black pepper, cumin, curry powder

- Unsweetened protein powder: whey, hemp
- Vanilla extract, nutmeg, allspice, pumpkin spice
- Vinegars: balsamic, red wine, white, apple cider

Healthy Fats

- Avocado
- Dry roasted unsalted nuts: almonds, pistachios, peanuts, walnuts
- Flaxseed meal
- Natural nut butters
**try almond or cashew butters in addition to peanut!*
- Olives
- Seeds: sunflower, pumpkin, hemp, chia
- Unsaturated oils: olive, peanut, canola

Vegetables

- Artichokes
- Bell peppers
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Frozen veggies
without added sauces/gravies
- Garlic
- Green beans
- Kale
- Lettuce
- Mushrooms
- Mustard greens
- Onions/shallots
- Spaghetti squash
- Spinach
- Tomatoes
- Zucchini



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Fruits

- Apples
- Avocado
- Bananas
- Berries
- Canned fruit in its own juices (*unsweetened*)
- Frozen fruit without added sugar
- Grapefruit
- Kiwi
- Lemon/lime
- Melon
- Oranges
- Peach
- Pears
- Pumpkin
- Other

Dairy

Organic dairy is preferable.

- Greek yogurt, 0% or 2%
- Low-fat cheeses: Parmesan, Mozzarella
- Low-fat Cottage Cheese
- Smart Balance® Buttery Spread (**avoid spreads with partially hydrogenated oils*)
- Unsweetened almond or soy milk: skim, 1%

Grains & Other Starches

Look for whole grain.

- Barley
- Buckwheat
- Butternut/acorn squash
- Corn (*whole cornmeal/popcorn*)
- Couscous
- Dreamfields® Dry Pastas
- Farrow
- Quinoa
- Rice: brown, wild rice
- Ronzoni Smart Taste® Pasta

- Sweet potatoes/yams/potatoes
- Whole wheat pasta

Bread, Wraps, etc.

Look for whole grain.

Breads should contain about 15g of carbohydrates (CHO) per slice and 3g of fiber.

- 100% rye, oat, whole wheat or corn breads
- 100% whole grain pitas
- Arnold® Double Protein Bread: 100% Whole Grains
- Arnold® Select Sandwich Thins: whole wheat, flax & fiber
- Ezekiel® Breads (*low-glycemic index, high-fiber*)
- Healthy Life® Original 100% Whole Wheat Bread (*35 calories per slice*)
- La Tortilla Factory® Low Carb Tortillas
- Nature's Own® Double Fiber Bread
- Thomas'® Whole Wheat Mini Bagels

Frozen Prepared Foods

Be mindful of sodium content.

- Bell & Evans® Prepared Chicken Packages
- Boca® Burgers
- Frozen whole wheat waffles
- Healthy Choice® Meals
- Lean Cuisine® Meals
- Morningstar Farms®
- Smart Ones® Meals

Cereal

Cereal should contain < 5g of sugar and at least 3g of fiber.

- Barbara's® Puffins
- Cheerios®
- Fiber One®
- Kashi® (*certain varieties*)
- Kellogg's All Bran®
- Kellogg's Special K® (*original or high protein*)
- Quaker® Old Fashioned Oats
- Steel cut oats

Crackers & Snacks

Be mindful of sodium content.

- Brown rice cakes
- Popchips®
- Popcorn kernels (*for air-popping*)
- Ryvita® Crispbread
- Smartpop!® Popcorn (*100 calories*)
- Sun Chips®
- Triscuits®

Sweet Treats

- Luna® Bars
- Vitapops®
- Figamajigs®
- Frozen yogurt
- Low-fat pudding
- Emerald® cinnamon or chocolate covered nuts
- Chocolate (*70-80% Cacao*) covered fruit or nuts
- Smoothies with frozen fruit and low-fat yogurt
- Apple slices with warm peanut butter and chocolate chips
- Canned pumpkin with graham crackers, cinnamon, and whipped cream