



Shopping List | Week 1

Vegetables	Fruit	Dairy	Fats	Protein
Cauliflower Lettuce Potatoes Red leaf lettuce Spinach Celery Green onion Zucchini Green beans Vegetable soup, reduced-calorie Broccoli New potatoes Onion Cucumber	Dried apricots 1 Grapefruit 2 Bananas 2 Oranges 3 Pears 5 Apples Grapes Carrot salad Tomatoes Crushed pineapple Carrots Fresh fruit salad	Fat-free milk Jack cheese Fat-free cream cheese Parmesan cheese Cheddar cheese Non-fat sour cream	Olive oil Reduced-fat mayo Chopped walnuts Honey-dijon dressing Italian dressing	14 GNC Total Lean™ Lean Shake™ (Powder or RTD form) Turkey breast Chicken breasts Lean roast beef Swordfish 6 oz. Tuna, canned Ham steak, extra lean Turkey frankfurter Salmon Pork roast, lean Refried black beans, fat-free
Grain	Condiments	Herbs	Beverages	Sweets
French bread Whole wheat bread Flour tortillas Breadsticks Sesame seed bagels Frankfurter roll Spaghetti Corn tostada Rice Italian bread Cornbread	Horseradish sauce Lemon juice Ketchup Spaghetti sauce Green salsa Capers Jam, reduced-sugar	Parsley, chopped Dried oregano Spicy mustard	Lemon-flavored seltzer water Berry-flavored seltzer water Diet lemon-lime soda Orange juice	Brown sugar Honey