

# Grocery List (for the 7-Day Jump-Start Meal Plan)



Bring this grocery list with you when shopping for your 7-day menu.

Keep in mind that the nutrition information provided in this fact sheet is of a generalized nature and is for education purposes only. It is not medical advice and should not be construed as such. Always consult your healthcare provider for nutrition plans that are tailored to your unique needs.

## PRODUCE & GREENS

- Broccoli (1 bunch)
- Green beans (2 large handfuls or 1 package)
- Zucchini (2)
- Mushrooms (sliced, 8 oz package)
- Salad greens (2-3 bags)
- Other salad veggies (like tomatoes, peppers, green onion, cabbage, carrots)
- Celery (one bunch)
- Bok Choy and other Chinese vegetables (5 cups)
- Yellow onion (1 medium)
- Fresh spinach (one medium bag)
- White potatoes for baking, i.e., russet (2)
- New potatoes (2 handfuls)
- Fresh fruit (such as bananas, fresh strawberries, melon, apples, pears, oranges, tangerines, peaches or nectarines, and kiwis)
- Fresh lemon (3)



## GROCERY

- Fat-free bouillon or broth
- Popcorn kernels (air-pop)
- Sugar-free gelatin
- Low-fat powdered peanut butter
- Liquid smoke

## GRAINS & LEGUMES

- Black beans (8 oz can or dry)
- White beans (8 oz can or dry)
- Garbanzo beans (2 cups)
- Whole wheat bread (1 loaf)
- Whole wheat bun (2)
- Low-fat whole wheat crackers, example: Wasa® Crispbread (1 package)
- Oatmeal (1 container)
- Shredded wheat or toasted unsweetened oat cereal (1 box)
- Brown rice (small package)
- Whole wheat pasta (small box)
- Low-fat whole wheat pizza crust or low-fat whole wheat pita or whole wheat English muffin



## ETHNIC

- Low-fat whole grain corn tortillas or low-fat whole wheat flour tortillas (1 package)
- Taco seasoning packet
- Salsa
- Fat-free pizza sauce
- Fat-free Asian sauce or dressing or rice vinegar
- Soy sauce

## NUTS & SEEDS

- Chia seeds or milled flax (small bag)

## CANNED FOODS

- Black beans (two 15 oz cans)
- White or cannellini beans (one 15 oz can)
- Garbanzo beans (two 15 oz cans)
- Fat-free refried beans or pinto beans (two 15 oz cans)
- Low-fat bean soup (one can or box)
- No sugar-added canned fruit (two 14 oz cans fruit cocktail and/or pineapple)
- Unsweetened applesauce (one small jar or container)

## PROTEIN

- Canned water packed tuna (6 oz can)
- Boneless skinless chicken breasts (2 lbs)\*
- Low-fat turkey luncheon meat (½ - 1 lb)
- Frozen pre-cooked shrimp (1 lb)
- 98% fat-free ground turkey breast (2 lbs)
- Lean fresh fish such as sole or tilapia (1 lb)

\* Increase purchase of chicken breasts to 3 lbs if using on day six and decrease ground turkey

## GETTING STARTED

### SEASONINGS & SWEETENERS

- \_\_\_ Fine ground sea salt
- \_\_\_ Alcohol-free vanilla extract
- \_\_\_ Sugar-free maple syrup
- \_\_\_ Basil (3 Tbsp)
- \_\_\_ Oregano (3 Tbsp)
- \_\_\_ Cumin (1 Tbsp)
- \_\_\_ Chili Powder (2 Tbsp)
- \_\_\_ Garlic Powder (2 Tbsp)
- \_\_\_ Cinnamon (3 Tbsp)
- \_\_\_ Paprika (1 Tbsp)
- \_\_\_ Chipotle Powder (3 Tbsp)
- \_\_\_ Seasoned or butter flavored salt



### FROZEN FOODS

- \_\_\_ Frozen berries, without added sugar (1 bag)
- \_\_\_ Frozen pineapple chunks, without added sugar (1 bag)
- \_\_\_ Frozen assorted vegetables, or select fresh (2 bags)

### DAIRY

- \_\_\_ Fat-free or skim milk (2 gallons)
- \_\_\_ Fat-free plain Greek yogurt (4 cups)
- \_\_\_ Fat-free cottage cheese (16 oz)
- \_\_\_ Fat-free shredded cheese (8 oz)
- \_\_\_ Fat-free string cheese (small package)
- \_\_\_ Fat-free egg substitute (16 oz carton)
- \_\_\_ Eggs (if not using egg substitute) (1 dozen)

### CONDIMENTS & SAUCES

- \_\_\_ Sugar-free BBQ sauce
- \_\_\_ Fat-free marinade for chicken or fat-free Italian dressing
- \_\_\_ Fat-free ranch dressing
- \_\_\_ Fat-free mayonnaise, if available
- \_\_\_ Mustard

### OILS

- \_\_\_ Prescription-grade MCT oil (purchase with assistance from your healthcare professional)



*NOTE: Recommendations regarding purchase quantity is approximate and does not take into account individual calorie needs and food preferences.*

*This grocery list is based on serving one person for breakfast and lunch, and two people for dinner.*

*Extra turkey breast, fat-free cottage cheese, fat-free string cheese and raw veggies may be purchased and used for additional snacks.*

*Recipes and meal suggestions courtesy of Mary Felando, MS, RDN, CLS, FNLA.*

*The information provided here is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or lifestyle.*

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