



# My Shopping List

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Keep a blank notepad with a magnet on the refrigerator. As you run out of items in your pantry, add them to the list so you don't forget them when you are ready to go shopping.

- Plan ahead. Think about your week. What meals will you make? Include food items on your list that you will need for those menus.
- Look at weekly flyers for sale items. Stock up.
- Always make sure your kitchen pantry is stocked with basic essentials.

The lists below give you some tips on the best things to fill your cupboards with:

## Grains & cereals

- |   |  |
|---|--|
| <input type="checkbox"/> Steel cut oats                     | <input type="checkbox"/> Whole-grain couscous                                    |
| <input type="checkbox"/> High-fibre cereals                 | <input type="checkbox"/> Barley  |
| <input type="checkbox"/> Low-fat granola cereal             | <input type="checkbox"/> Pasta (whole grain)                                     |
| <input type="checkbox"/> Quinoa                             | <input type="checkbox"/> Whole-grain, rye, pumpernickel, multi-grain breads/pita |
| <input type="checkbox"/> Rice (brown, basmati, white, etc.) | <input type="checkbox"/> Bulgur or kasha   |
| <input type="checkbox"/>                                    |  |
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## Vegetables & fruit (fresh, canned, and frozen)

**Fresh or frozen vegetables:** Always add 1 or 2 green vegetables to your list. Onions and tomatoes are commonly used in recipes, so it's a good idea to keep them on hand. Include a total of at least 4 different types of frozen or fresh vegetables for the week. Choose from the items below or pick your favourite vegetables:

- |  |   |
|--|---|
| <input type="checkbox"/> Broccoli                        | <input type="checkbox"/> Onions                     |
| <input type="checkbox"/> Green beans                     | <input type="checkbox"/> Tomatoes                   |
| <input type="checkbox"/> Brussel sprouts                 | <input type="checkbox"/> Mushrooms                  |
| <input type="checkbox"/> Okra                            | <input type="checkbox"/> Cabbage                    |
| <input type="checkbox"/> Green leafy vegetables:         | <input type="checkbox"/> Cucumber                   |
| <input type="checkbox"/> Spinach                         | <input type="checkbox"/> Potatoes                   |
| <input type="checkbox"/> Swiss Chard                     | <input type="checkbox"/> Carrots                    |
| <input type="checkbox"/> Kale                            | <input type="checkbox"/> Squash                     |
| <input type="checkbox"/> Bok Choy                        | <input type="checkbox"/> Celery, regular or Chinese |
| <input type="checkbox"/> Collard or mustard greens       | <input type="checkbox"/> Cauliflower                |
| <input type="checkbox"/> Broccoli rabe/rapini            | <input type="checkbox"/> Beets                      |
| <input type="checkbox"/> Lettuce (romaine, leaf, Boston) | <input type="checkbox"/> Eggplant                   |

**Canned vegetables: choose low-sodium or no-salt-added**

- Canned tomatoes
- Tomato sauce or pasta
- Other canned vegetables
- Canned vegetable soup with reduced sodium

**Fresh or frozen fruit:**

Choose from the items below or pick your favourite fruits.

- Apples
- Pears
- Melon
- Peaches
- Lemons/Limes
- Pineapple
- Bananas
- Mangoes
- Oranges
- Grapes
- Berries
- Dried fruit (raisins, prunes, dates)

**Milk & alternatives**

- Lower fat (1%) milk or unsweetened, fortified soy, almond or rice beverage.
- Lower fat or reduced fat (15% or less MF) cheeses
- Lower fat (1%) plain yogurt (unsweetened)
- Non-hydrogenated margarine or Butter
- \_\_\_\_\_

**Meat & alternatives**

**Fresh or frozen unprepared meats:**

- White meat chicken and turkey (no skin)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef
- Pork tenderloin
- \_\_\_\_\_

**Meat alternatives:**

- Tofu (or bean curd)
- Edamame (frozen)
- Beans & lentils (see list)
- Peanut or almond butter
- Eggs
- Nuts & seeds (see list)
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### **Beans and lentils (if canned, no-salt added)**

- Lentils (all kinds)
- Black beans
- Red beans (kidney beans)
- Navy beans
- Black beans
- Pinto beans
- Black-eyed peas
- Fava beans
- Italian white beans
- Chickpeas (garbanzo beans)
- Dried beans, peas, and lentils (without flavoring packets)
- \_\_\_\_\_

### **Nuts and seeds**

- Almonds, unsalted
- Mixed nuts, unsalted
- Peanuts, unsalted
- Walnuts
- Sesame seeds
- Pumpkin seeds, unsalted
- Sunflower seeds, unsalted
- Cashews, unsalted
- Pecans, unsalted
- \_\_\_\_\_
- Flax seeds, ground

### **Baking items**

- Flour, whole wheat
- Sugar
- Canned evaporated milk— fat-free (skim) or reduced fat (2%)
- Cocoa powder, unsweetened
- Baking powder & Baking soda
- Cornstarch

### **Condiments: Sauces, seasonings & spreads**

- Olive oil (cooking and salad dressings; make your own).
- Vinegars (balsamic, apple cider, white)
- Mustard (Dijon, etc.)
- Mayonnaise
- Honey
- Herbs & spices \_\_\_\_\_