

The Good Housekeeping Supermarket Diet Boot Camp Shopping Lists

These lists at first may look like a ton of food, but you'll be using the food over the course of the weeks ahead. The lists assume you have *nothing* in your kitchen, not even salt! So, after you print the lists, go through and scratch off the foods you already have. There are no portions on the shopping list, as the quantities you buy will depend on the number of people in your family. Just go through the menu plan and note how much of everything you'll need.

1 Boot Camp Week One ▶ Shopping List

For some fresh foods you'll find notes about the day of the week they're needed so that you don't buy them too far ahead of time.

FRESH PRODUCE

Fruits

- | | |
|--|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Mangoes |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Cantaloupe (optional) | <input type="checkbox"/> Raspberries (optional) |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Strawberries (or get frozen) |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Tangerines (or oranges) |

Vegetables/Herbs

- | | |
|---|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mixed greens |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Onions, red |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onions, white |
| <input type="checkbox"/> Carrots, baby | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cauliflower (optional) | <input type="checkbox"/> Pepper, red |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Lettuce, romaine or butterhead | |

CANNED/BOTTLED/JARRED Beans, Soup, Tuna and Vegetables

- Refried beans, canned, 100 to 140 calories and under 500 mg sodium per $\frac{1}{2}$ cup, such as Old El Paso Vegetarian Refried Beans or Amy's Organic Traditional Refried Beans
- Soup, lentil, 130 to 150 calories and under 600 mg sodium per cup, such as Progresso Lentil 99% fat-free (it's lower in sodium than the regular Progresso Lentil) or Amy's Light in Sodium Organic Lentil Vegetable. Or, go to the frozen foods section and get Tabatchnick Lentil Soup.
- Tomatoes in puree, canned whole (if unavailable, use whole tomatoes in juice), preferably reduced-sodium, such as Hunt's Whole Tomatoes, no sodium added (if making single serving of the Penne Rigate, get marinara sauce instead)
- Tuna, chunk-light, in water (or in pouch)

Dressings and Condiments

- Dressing, ranch, light, 70 to 80 calories per 2 tablespoons, such as Annie's Naturals Organic Buttermilk Dressing, Hidden Valley Lite or Kraft Light Done Right. For variety, get two of your favorites in this same calorie range.
- Jalapeño chiles, pickled (optional)
- Ketchup
- Mango chutney
- Mayonnaise, reduced-fat, 45 to 50 calories per tablespoon, such as Hellmann's Light or Kraft Light
- Mustard
- Olive oil
- Olives, salad olives or pimiento-stuffed green olives ($\frac{1}{4}$ cup)
- Salsa, no more than 150 mg sodium per 2 tablespoons, such as Chi Chi's Fiesta Salsa Thick and Chunky, or any of the Newman's Own Salsas (Newman's Own Peach Salsa is especially delicious!)
- Vinegar

Drinks

- Beer, light or nonalcoholic
- Coffee, regular or decaf
- V-8 juice (optional)

Spreads

- Honey
- Jam or jelly
- Nut butter (peanut or almond), such as Smuckers Peanut Butter or 365 (Whole Foods label) Almond Butter

DRY GOODS/BREAD

Breads

- Bread, 100% whole-wheat
- Burger buns, whole-wheat, 115 to 130 calories. If you can't find these, get sourdough rolls.
- Pitas, whole-wheat

Cereal

- High-fiber cereal with at least 4 g fiber per 100 calories (or 6 g per 150 calories) and preferably no more than 5 g sugar per 100 calories (8 g per 150 calories), such as All-Bran Extra Fiber, Fiber 1; Kashi GoLean (not GoLean Crunch); Kellogg's Complete Oat Bran Flakes. Some brands of raisin bran are also OK, but they may be higher in sugar because of the raisins. Look for lower-sugar brands such as Health Valley or 365 (Whole Foods label).

Crackers

- Crackers, whole-grain, such as Ak Mak, RyKrisp, or Triscuit

Dried Fruit

- Raisins, dark, seedless

Dried Spices

- Cinnamon
- Curry powder
- Garlic powder
- Pepper, black
- Pepper, ground red (cayenne)
- Salt

Energy bars

- “Energy” bar with 220 to 240 calories and at least 4 g fiber. Odwalla Carrot Bar, Power Bar Harvest (not dipped), or Clif bar are good choices.

Nuts

- Pecans, unsalted
- Walnuts or other unsalted nuts

Pasta

- Pasta, whole wheat (bow-ties, penne rigate, ziti, or other short, tubular pasta), such as Ronzoni Healthy Harvest penne rigate or Bionaturae whole durum wheat pastas (available at Whole Foods)

REFRIGERATED SECTIONS

Dairy and Eggs

- Cheese, feta (crumbled or solid)
- Cheese, reduced-fat, such as Cabot 50% Cheddar or Kraft 2% singles
- Eggs
- Lemon juice (or, even better, freshly squeezed)
- Milk, fat-free (needed often throughout the week)
- Tortillas, flour, 8-inch, 120 to 130 calories, preferably whole-wheat or fiber-enriched, such as 365 Organic Whole Wheat Tortillas (Whole Foods label) or La Tortilla Factory 99% Fat-Free burrito size
- Yogurt, plain low-fat, such as Dannon Plain Lowfat or Stonyfield Farms Organic Lowfat

Meat/Poultry/Fish

- Beef, ground, 90% lean
- Chicken, rotisserie, about 2 pounds (for use on Sunday, so buy on Saturday or Sunday)
- Chicken breast (for use on Monday)
- Salmon steaks, 1 inch thick, 4 ounces each (for use on Saturday, so buy on Friday or Saturday)
- turkey breast, sliced (for use on Thursday)

Frozen Foods

- Breakfast Burrito, Amy's brand (if not preparing your own)
- Burgers, soy-based vegetable (Boca All-American Flame Grilled or Gardenburger Flame Grilled are soy-based, meaning soy is the first or second ingredient.)
- Fruit juice bar, no more than 70 calories
- Microwavable meal, 400 to 420 calories with at least 5 g fiber and no more than 3 g saturated fat. Some of the best-tasting and nutritious frozen meals are ethnic (Indian, Mexican, Asian). Look for brand names such as Amy's and Taj (both found in supermarkets and health food stores) as well as more widely known names like Lean Cuisine and Healthy Choice.
- Pizza, vegetarian, 380 calories, such as DiGiorno Pizza Rising Crust Vegetable Pizza, any of the Lean Cuisine Café Classics pizzas, any of the Amy's pizzas
- Soup, lentil, Tabatchnick brand (if not buying canned soup)
- Strawberries (or fresh, if you prefer)

2 Boot Camp Week Two ▶ Shopping List

You have some foods for week two left over from week one's shopping trip. Here are the rest of the provisions you'll need to stock up on.

FRESH PRODUCE

Fruits

- Apples
- Bananas
- Blueberries
- Grapes
- Limes
- Oranges
- Strawberries (or use frozen)

Vegetables/Herbs

- Vegetables, bag of fresh-cut mixed (broccoli, carrots, snap peas, celery blend)
- Broccoli (or use frozen)
- Butternut squash (if making Butternut Soup from scratch; otherwise skip this, and buy a ready-made soup)
- Cucumbers (optional)
- Corn-on-the-cob
- Dill, fresh (optional)
- Garlic
- Ginger, fresh
- Green onions
- Greens, mustard, or red or Swiss chard
- Jalapeño peppers
- Lettuce, romaine or butterhead
- Mixed greens
- Onions
- Parsley (optional)
- Peppers, red
- Snow peas
- Spinach
- Tomatoes
- Zucchini

CANNED/BOTTLED/JARRED

Dressings and Condiments

- Canola oil
- Horseradish (optional)
- Maple syrup
- Stir-fry sauce
- Teriyaki sauce

Beans and Soup

- Chicken broth, preferably reduced-sodium, such as Campbell's Low-Sodium Chicken Broth and Pacific Low-Sodium Organic Chicken Broth
- Soup, black bean, preferably under 600 mg sodium per cup, such as Progresso or Amy's Black Bean Vegetable
- Soup, butternut squash (if not making from scratch), preferably under 600 mg sodium per cup, such as Amy's Light in Sodium Butternut Squash Soup, or Pacific Creamy Butternut Squash Soup

Other

- Chocolate syrup, such as Hershey's syrup, about 50 calories per tablespoon.
- Marinara sauce, preferably under 600 mg sodium per $\frac{1}{2}$ cup, such as Bertolli or Newman's Own
- Pineapple chunks in juice, such as Dole 100% Natural Pineapple Chunks in Juice

DRY GOODS/BREAD

Breads

- Bread, 100% whole-wheat
- Pitas, whole-wheat

Cereal

- High-fiber cereal with at least 4 g fiber per 100 calories (or 6 g per 150 calories) and preferably no more than 5 g sugar per 100 calories (8 g per 150 calories), such as All-Bran Extra Fiber, Fiber 1; Kashi GoLean (not GoLean Crunch); Kellogg's Complete Oat Bran Flakes. Some brands of raisin bran are also OK, but they may be higher in sugar than these others because of the raisins. Look for lower-sugar brands such as Health Valley or 365 (Whole Foods label).
- Oatmeal. Opt for Quaker Oats or any other brand of plain oatmeal over the instant or preflavored varieties. If you have time to cook, try steel-cut oats, such as McCann's Steel Cut Irish Oatmeal.

Dried Spices

- Hot pepper flakes
- Paprika
- Oregano, dried

Nuts

- Almonds or walnuts

Rice/Pasta

- Couscous, preferably whole-wheat, such as Fantastic Foods Organic Whole Wheat Couscous
- Rice, brown, regular or instant, such as Uncle Ben's Whole-Grain Brown Ready Rice
- Pasta, whole-wheat (spaghetti, penne, or other pasta of your choice), such as Ronzoni Healthy Harvest penne rigate or Bionaturae Whole Durum Wheat Pastas (available at Whole Foods)