

[Print shopping list](#)[Close window](#)[Delete](#)

For Thursday, October 02, 2008 To Wednesday, October 08, 2008

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Shopping list

Accompaniments

- 2 tbsps All natural ketchup
- 1 1/6 tbsps Dijon mustard
- 1 tsp French's yellow mustard
- 1/3 tsp Lea & Perrins Worcestershire sauce (gluten free)
- 1 tbsp Light mayonnaise
- 1 2/3 tbsps Maple syrup
- 1 1/2 tpsps Mayonnaise
- 1/3 cup Medium salsa picante
- 1 pkt(s) Mushroom sauce mix
- 1/4 cup Old El Paso mild homestyle salsa
- 1/4 cup Organic mild or medium salsa
- 1/4 cup Progresso pizza/pasta sauce
- 1/8 tsp Tabasco hot pepper sauce

Beef

- 4 oz Braised extra-lean beef round
- 6 1/2 oz Raw beef flank, fat removed
- 9 1/2 oz Raw extra lean ground beef
- 3 oz Raw lean ground beef

Beverages

- 7 fl oz Apple juice
- 38 fl oz Filtered water
- 3 cube(s) Ice cubes
- 1 1/2 tbsps Lemon juice
- 1 tbsp Lemon-lime flavored sparkling water
- 4 tpsps Lime juice
- 12 fl oz Orange juice
- 3 tbsps Skim milk
- 1 tbsp Water

Bread

- 1/4 pizza(s) Spelt and kamut pizza crust
- 1 muffin(s) Whole wheat English muffin
- 1/2 cup Whole wheat pancake mix
- 1 large pita(s) Whole wheat pita bread
- 1 pita(s) Whole wheat small pita bread

Cereal and Grain Products

- 1/4 cup Dry long grain brown rice
- 2 oz Eden Foods organic kamut spaghetti
- 1/4 cup Medium grain cooked brown rice

Cookies and Crackers

- 11 piece(s) Plain melba toast
- 4 slice(s) Wasa original rye crispbread
- 1 slice(s) Wasa whole wheat crispbread
- 7 toast(s) Wheat melba toast

Egg and Dairy Products

- 2 1/4 cups Cottage cheese (1% fat)
- 1 cup Cottage cheese, 2% fat
- 7 large Egg whites (large)
- 1/2 tbsp Grated parmesan cheese
- 2 large Hard-boiled egg
- 2/3 cup Healthy Choice lowfat mozzarella cheese
- 9 1/2 oz Lowfat cheddar or Colby cheese
- 29 oz Lowfat plain yogurt
- 4 fl oz Nonfat plain yogurt
- 2 1/2 oz Nonfat processed cheddar cheese slice
- 5 large Omega-3 egg
- 1 1/2 oz Reduced fat sharp cheddar cheese
- 1 oz Shredded lowfat cheddar or Colby cheese
- 6 oz Yoplait light yogurt, all flavors
- 1 serving(s) Yves The Good Shreds mozzarella soy cheese

Entrees

- 1 serving(s) Lean Cuisine chicken and vegetables entrée

Fats and Oils

- 8 1/4 tsps Extra-virgin olive oil
- 2 tsps Olive oil
- 3 serving(s) Pam cooking oil spray

Finfish and Shellfish Products

- 6 oz Bluefish
- 3 oz Canned light tuna, in water

Fruits

- 1 medium Apple (medium)
- 1 small Apple (small)
- 2 tbsps Applesauce
- 1/3 avocado(s) Avocado
- 2 4/5 small Banana (small)
- 1/2 cup Blueberries
- 1/2 cup Crushed pineapple, in juice
- 1 1/2 cups Cubed cantaloupe
- 1 cup Cubed papaya
- 1 1/4 cups Diced honeydew melon
- 3 tbsps Dried apricot
- 2 date(s) Dry dates
- 1 cup Grapes
- 1 fruit(s) Mango
- 1 large pear(s) Pear (large)
- 1/2 large Peeled kiwifruit (large)
- 2/3 cup Pineapple wedges
- 1 1/2 cups Pineapple, diced
- 1 cup Raspberries
- 1/4 cup Raw blackberries
- 1/2 cup Sliced strawberries
- 4 medium Strawberries (medium)
- 1 cup Strawberry halves
- 1 cup Whole strawberries

Ingredients

- 3 medium Baked taco shell
- 2 tbsps Bread crumbs
- 2 1/2 tps Brown sugar
- 1/2 tsp Progresso balsamic vinegar
- 3 dash(es) Table salt
- 1 tbsp Tomato paste

Legumes

- 3/4 cup Boiled black beans

- 1/2 cup Canned black beans
- 1/2 cup Canned chickpeas
- 1/3 cup Canned red kidney beans
- 4 tbsps Hummus

Nuts and Seeds

- 2 oz Barbecue soy nuts
- 2 serving(s) Barbecue soy nuts
- 2 tsps Blanched, toasted almond butter
- 9 1/2 tbsps Chopped almonds
- 5 1/2 tbsps Chopped dried walnut
- 1 tbsp Flax seed
- 10 tsps Flaxseed oil
- 21 almond(s) Raw almonds
- 1 tbsp Skippy reduced fat creamy peanut butter
- 3 tbsps Sliced raw almonds

Poultry

- 3 oz Grilled chicken breast
- 4 1/2 oz Lean ground turkey
- 3 oz Roasted skinless chicken breast

Ready-To-Eat Cereals

- 2 tbsps Granola cereal
- 3/4 cup Oatmeal cereal

Restaurant (Generic)

- 2 tbsps 1% milk

Sausages and Lunch Meats

- 4 slice(s) Roasted turkey breast sliced
- 4 slice(s) Turkey bacon

Side Dishes

- 1 serving(s) Tossed side salad with balsamic vinegar
- 2 serving(s) Tossed side salad with olive oil and balsamic vinegar

Snacks

- 2/3 cup Lowfat granola with raisins

Soup

- 2 cups Chicken broth

Spices

- 1 tsp Chili powder
- 1/2 tsp Dried chives

- 1/4 tsp Dried oregano
- 2 tsps Fresh basil
- 2/3 tsp Garlic powder
- 3 dash(es) Ground black pepper
- 1 tsp Ground black pepper
- 2/3 tsp Ground cinnamon
- 1/4 tsp Ground cumin

Sport and Diet Nutritionals

- 1 scoop(s) Chocolate soy protein shake
- 1 bar(s) Genisoy chocolate mint soy protein bar
- 14 fl oz Soy Dream original enriched soymilk
- 8 fl oz Soy Dream vanilla soymilk
- 14 3/4 scoop(s) TrueStrength Protein Powder
- 2 1/4 cups WestSoy original soymilk
- 1 cup WestSoy unsweetened vanilla soymilk
- 1 bar(s) Zone Perfect strawberry yogurt bar

Vegetables

- 5 spear(s) Asparagus spears
- 10 medium Baby carrots (medium)
- 2 medium Baked sweet potato with skin (medium)
- 1 medium Boiled sweet potato
- 1 1/2 cups Broccoli florets
- 1 cup Canned chopped tomatoes
- 1 cup Canned stewed tomatoes
- 1 tsp Chopped garlic
- 1 3/4 cups Chopped onion
- 1/2 cup Chopped raw green pepper
- 2/3 cup Chopped raw sweet red pepper
- 1 1/2 cups Frozen cauliflower florets
- 1/2 clove(s) Garlic
- 1 1/2 tsps Ginger root
- 2 leaf(s) Looseleaf lettuce
- 2 1/2 tsps Minced garlic
- 1/4 small Onion (small)
- 1 cup Peeled and sliced cucumber
- 8 medium spear(s) Raw asparagus
- 1/2 medium Raw spring onion or scallions

- 1/4 medium Raw sweet red pepper
- 1/2 small Raw sweet red pepper (small)
- 7 slice(s) Red tomato sliced
- 3 cups Romaine lettuce
- 1/2 cup Shredded iceberg lettuce
- 1 cup Sliced raw green pepper
- 1 cup Sliced raw sweet red pepper
- 1/2 small Sweet green pepper (small)

Vegetarian Products

- 3 1/2 oz Nu Tofu cheddar cheese alternative
- 3 1/4 oz Nu Tofu nonfat cheddar cheese alternative

Others

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