

SHOPPING LIST

Please note it is recommended items should be low or no fat options where available. Try to eat more whole foods than processed foods. These are suggestions only.

DAIRY

- ___ Eggs
- ___ Non Fat Milk
- ___ Olivio
- ___ Low Fat Yoghurt

Cheeses:

- ___ Cream Cheese
- ___ Feta Cheese
- ___ Edam Cheese
- ___ Cottage Cheese
- _____
- _____
- _____
- _____

DRY GOODS

- ___ Cereal
- ___ Oatmeal
- ___ Rice Crackers
- ___ Pasta/Noodles
- ___ Beans
- ___ Lentils
- ___ Peas
- ___ Rice
- ___ Bread Crumbs
- ___ Wholemeal Flour
- ___ Sugar
- ___ Tortilla Chips
- _____
- _____
- _____

BREADS

- ___ Bagels
- ___ Pita bread
- ___ Bread
- ___ Wholemeal Buns
- ___ Wholemeal Rolls
- _____
- _____
- _____

MEAT, FISH & POULTRY

- ___ Chicken
- ___ Turkey
- ___ Beef
- ___ Fish
- ___ Shellfish
- ___ Tuna
- _____
- _____
- _____

BEVERAGES

- ___ Herbal Tea
- ___ Coffee
- ___ Tea
- ___ Fruit Juice
- ___ Water
- ___ Cranberry juice
- ___ Vegetable juice
- _____
- _____
- _____

FROZEN FOODS

- ___ Apple Juice
- ___ Orange Juice
- ___ Vegetables
- ___ Frozen Dinners
- _____
- _____
- _____
- _____

EXTRAS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

VEGETABLES

- ___ Broccoli
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower
- ___ Celery
- ___ Cucumbers
- ___ Garlic
- ___ Lettuce
- ___ Mushrooms
- ___ Onions
- ___ Peppers
- ___ Potatoes
- ___ Radishes
- ___ Spinach
- ___ Tomatoes*
- _____

CANNED GOODS

- ___ Fruit
- ___ Chilli
- ___ Soup
- ___ Beans
- ___ Tuna
- ___ Vegetables
- _____
- _____
- _____
- _____

Tomatoes :

- ___ Paste
- ___ Sauce

EXTRAS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRUIT

- ___ Apples
- ___ Bananas
- ___ Berries
- ___ Grapefruit
- ___ Grapes
- ___ Lemons
- ___ Limes
- ___ Melon
- ___ Oranges
- ___ Pears
- _____
- _____
- _____
- _____

BAKING GOODS

- ___ Baking Soda
- ___ Baking Powder
- ___ Cornflour
- ___ Salt
- ___ Pepper
- ___ Nuts
- ___ Raisins
- ___ Dried Herbs
- ___ Spices
- _____
- _____
- _____

CONDIMENTS

- ___ Olive Oil
- ___ Vinegar
- ___ Ketchup
- ___ Mustard
- ___ Olives
- ___ Pickles
- ___ Relish
- ___ Salsa
- ___ Salad Dressing
- ___ Soy Sauce
- ___ Honey