

# the ultimate no-brainer diet week one grocery list

INGREDIENTS FOR MULTI-SERVING RECIPES ARE LISTED SEPARATELY

Ready, set, go! To simplify our "Ultimate No-Brainer Diet" in the August/September 2002 issue, we've compiled the shopping list for you. You'll see that variety is key to this menu plan — you don't eat the same thing every day or even every other day. Still, you probably won't need to purchase everything here. Many items may already be in your pantry, refrigerator and freezer. Check your provisions first, cross off what you already have, then go shopping.

If you're shopping for a family, you'll need to increase most amounts. If you're cooking just for yourself, consider cutting back on the types of breads and cereals; just stick with whole-grain, high-fiber choices as on the plan. Similarly, depending on what's in season, what's on sale and your personal tastes, feel free to make comparable fruit and vegetable substitutions. Just stick to the basic plan so you don't have to make decisions, decisions, decisions.

— The Editors

## meat/poultry

- Chicken breast, 1 (for 3 oz. portion cooked)
- Ground turkey breast patty, 3 oz.
- Cooked turkey breast, 2-5 oz.
- Lean meat or poultry for chef salad, 3 oz.

## fish/seafood

- Scallops, 3 oz.
- Swordfish, 3 oz.
- Tuna, canned in water, 2 oz.

## milk/eggs/cheeses

- ½ gallon plus 1 quart 1% milk
- Low-fat yogurt, six 8-oz. cups, including lemon, peach and raspberry
- Low-fat cheese, 3 oz.
- Low-fat pineapple cottage cheese, 8 oz.
- Low-fat cottage cheese, small container

## produce

- Asparagus, 1 cup
- Bananas, 2 medium, 1 small
- Apples, 1 medium plus those for applesauce (see below right)
- Orange, 1 medium
- Fruit cup, ½ cup
- Cantaloupe, ½ small
- Peach, 1 large
- Strawberries, 1 cup
- Blueberries, 1 cup
- Grapefruit juice, 8 oz.
- Prunes or other dried fruit, 3 medium
- Broccoli florets, 1 cup
- Bagged tossed salad, 3 bags (enough for 10½ cups)
- Romaine lettuce
- Red bell pepper, 1 small
- Baby carrots, ½ cup
- Celery, 2 stalks
- Potato, 1 small
- Stir-fry vegetables, ½ cup

## staples

- Reduced-fat peanut butter, small jar
- Fruit preserves, small jar
- Cooking oil spray
- Vegetable oil (need only a tiny amount)

## convenience foods (or take-out or homemade)

- Vegetable egg roll, 1 small
- Vegetable lo mein, 1 cup
- Pizza, thin crust, light cheese, 2 small slices
- Light vegetable quiche, 1 slice
- Baked french fries, light, frozen, 3 oz.

## salad dressings

Depending on what you already have at home, you may substitute similar light dressings. You're not expected to buy all those listed in the meal plan.

- Low-calorie Italian
- Balsamic vinaigrette
- Low-fat creamy Italian
- Other reduced- or low-fat dressings

## grains/grain products

- Rice pilaf mix, 1 package
- Couscous, small box
- Low-fat, low-salt crackers, small box
- Low-fat onion-flavored crackers, small box

## cereals

- Oatmeal, small box
- Total Raisin Bran
- Grape Nuts
- All-Bran
- Cheerios

## breads

Although the meal plan allows for a number of bread products, purchasing all of these may not be practical. You can use whole-wheat bread instead of some of these, but aim for some variety.

- Whole-wheat bread
- Rye bread
- Multigrain bread
- Whole-wheat bagel, 1 small or ½ large
- 7-9-grain bread
- Whole-wheat dinner roll, 1
- Whole-wheat pita, 1 small
- High-fiber English muffin

## snacks/desserts

- Light microwave popcorn
- Granola bar
- Animal crackers

## condiments/spices

- Fat-free mayonnaise
- Dijon mustard
- Tarragon

### SHOPPING LIST FOR

### made-from-scratch applesauce (8 servings)

- 3 lbs. apples (like Galas or McIntosh)
- Cinnamon (stick or ground)
- Vanilla bean
- Lemon
- Sugar
- Dry white wine