

the ultimate no-brainer diet week two grocery list



meat/poultry

- Chicken breast, 1 (for 3 oz. portion cooked)
- 90% lean ground beef patty, 3 oz.
- Cooked turkey breast slices, 2 oz.
- Cooked chicken, 2 oz.
- Pork loin chop, 3 oz.

fish/seafood

- Shrimp, 4 oz.
- Swordfish, 3 oz.
- Tuna, canned in water, 2 oz.

deli selection

- Hummus, small container

milk/eggs/cheeses

- 1 gallon 1% milk
- Low-fat yogurt, 6 8-oz. cups, including lemon, cherry and blueberry
- 1 large egg
- Low-fat American cheese, small package
- Low-fat cottage cheese, small container
- Feta cheese, small package

produce

- Bananas, 1 large, 1 medium
- Orange, 1 medium
- Blueberries, 1 cup (fresh or frozen)
- Peach, 1 medium
- Strawberries, 1 cup
- Orange juice, fresh, 8 oz.
- Dried apricots, 8 medium
- Broccoli florets, 1 cup
- Bagged tossed salad, 3 bags (enough for 10½ cups)
- Greek salad, 1½ cups
- Baby carrots, 2 cups
- Eggplant, 1 small
- Zucchini, 1 small
- Summer squash, 1 small
- Seedless raisins, 6 Tbsp.
- Raspberries, ½ cup
- Pear, 1 medium
- Diced pineapple, 1 cup
- Potato, 1 medium
- Peas, 1 cup

staples/canned goods

- Reduced-fat peanut butter, small jar (or use remaining from Week 1)
- Vegetarian lentil soup, 8-oz. can
- Chunky vegetable soup, 8-oz. can
- Beans, black or pinto, small can
- Tomato sauce with green peppers, onions and mushrooms, 16-oz. can
- Whole-wheat pancake mix, small package
- Light syrup

convenience foods

- Baked french fries, light, frozen, 3 oz.
- Vegetarian lasagna with low-fat cheese, small package

salad dressings

- Low-calorie Italian
- Low-fat creamy Italian
- Low-fat French
- Dijon vinaigrette

grains/grain products

- Long-grain brown rice, small package
- Linguini, small package

cereals

- Oatmeal, small box (or use remaining from Week 1)
- Fiber One
- Fruit & Fibre
- Cracklin' Oat Bran

bread

- Whole-wheat bread
- Hamburger bun, ½
- Pumpernickel
- Whole-wheat dinner roll, 1
- Whole-wheat pita, 6-inch, 1
- High-fiber English muffin, ½
- High-fiber raisin English muffin, ½
- Flour tortillas, 9-inch, 2

snacks/desserts

- Light microwave popcorn
- Granola bar
- Dutch pretzels, small package
- Chocolate pudding mix, light
- Baked tortilla chips
- Low-fat oatmeal cookie, 1 medium
- Cinnamon graham crackers
- Light ice cream, small package

condiments/spices

- Fat-free mayonnaise
- Mustard

SHOPPING LIST FOR low-fat carrot muffins (14 muffins)

- Whole-wheat flour, small bag
- Bran flakes
- Baking powder
- Cinnamon, ground
- Nutmeg, grated
- Nonfat/skim milk, pint
- 4-5 carrots
- Raisins
- Egg substitute, small container
- Honey, small jar
- Canola oil, small bottle
- Molasses, small jar

SHOPPING LIST FOR speedy black bean burritos (4 burritos)

- 8 oz. chicken breast
- 15-oz. can black beans
- Salsa, small container
- Bulgur wheat, small package
- Leaf lettuce
- 1 tomato
- Tortillas (4 or small package)