



What To Eat: Shopping List

A well-stocked kitchen makes meal planning easier. Even more, these are the foods that help you LiveBest.

Before you go to the grocery store:



Eat first

Shopping on an empty stomach tempts you to over-buy less nutritious foods that impact your food choices later in the week.



Make a list

Keeping a running grocery list saves you time and money. Use this list to get started and to remind yourself of staples.



Demand more from your food

Ask, "what will this do for me?"

dairy

milk
yogurt, plain
cottage cheese
Ricotta cheese
cheese: Parmesan,
mozzarella, sharp
cheddar cheese, string or
preportioned rounds
butter

protein/beans

eggs
chicken breasts and skinless
thighs
fish: frozen or fresh filets
canned fish: tuna, salmon,
sardines, anchovies
beef: leaner cuts are eye
round, sirloin tip, top

round, bottom round, top
sirloin, 95% lean ground,
round tip, flank steak, tri-
tip, tenderloin
hummus
unsalted nuts and seeds:
peanuts, almonds,
walnuts, pistachios,
pecans, sesame seeds
canned beans: black, pinto,
cannellini, kidney,
garbanzo and refried (not
cooked in lard)
dried lentils, black beans,
red kidney, split yellow
peas
natural peanut butter or
other nut butter (without
added sugar or oil)

grains, cereal & bread

*Choose breads and cereals
with 3-5 grams of fiber per
serving.*

whole-grain cereals:
"whole" or "rolled" no
more than 8 grams sugar
and at least 3-6 grams
protein
100% whole-grain or 100%
whole-wheat bread
whole-grain tortillas
whole-grain crackers
whole-grain pasta
frozen whole-grain waffles
barley
bulgur

oatmeal, steel-cut or regular
quinoa
rice: brown, long-grain
flour: all purpose,
whole-wheat, white
whole-wheat
cornmeal, whole grain
popcorn, pop your own
(if microwaveable, choose
94% fat-free and 40 mg or
less sodium)



Making it simpler to live best because remember, you must be present to win!

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produce

• Buy produce of the season. If you're in doubt, ask the produce manager.

• Frozen and canned save:

- time and money
- frozen retains nutrients over fresh that has been stored longer than five days

• Frozen fruit should be without added syrup or sugar.

• Frozen vegetables should be plain, not in sauce.

• Canned fruit should be packed in water or light syrup.

• Canned vegetables should be labeled 'reduced salt.'

• Dried fruit should be without sugar.

Of course, you won't need to by all the foods on the list. Choose your favorites but switch it up a bit and explore some new ones. Do include dark green, red, orange and yellow every week!

FRUIT:

apples
apricots
bananas
blackberries
blueberries
cantaloupe
cherries

cranberries
dates
figs
grapefruit: red, pink or white
grapes
raisins
kiwi
lemons
limes
oranges
peaches
pears
pineapple
plums
prunes
raspberries
strawberries
watermelon

VEGETABLES:

asparagus
artichokes: whole and hearts
avocado
beets
broccoli
Brussels sprouts
cabbage: red, green, Chinese
carrots
cauliflower
celery
chives
edamame
endive
garlic
kohlrabi
leeks
lettuce/salad greens: romaine, spinach, arugula, kale, leaf lettuce, radicchio, iceberg, chard,

beet greens, chicory, collard greens, turnip greens, mustard greens, dandelion greens
mushrooms
onions: yellow, red, green
peppers: red, green, orange, jalapeno, poblano, canned chipotle in adobo sauce
potatoes: new, russet, other 'colored' potatoes
pumpkin: fresh or canned
radishes
rutabaga
shallots
squash
sweet potatoes
tomatoes: cherry or grape, canned diced, whole, paste, sauce
turnips
watercress

herbs & spices

allspice, ground
basil
bay leaves
cardamom, ground
cayenne pepper
chili powder
cilantro
cinnamon, ground
cloves, ground
coriander, ground
cumin, ground
curry powder
ginger, ground or fresh
mustard, dry
nutmeg
oregano
paprika
parsley, fresh or flakes

pepper: black pepper, whole peppercorns, red pepper flakes
rosemary
thyme
turmeric
salt: sea and iodized

extras: to add flavor, sweeten, thicken, or make interesting

coffee
tea
unsweetened cocoa
bittersweet baking chocolate and chocolate chips, 65% or more cacao
honey
brown sugar
white sugar
molasses
coconut milk, canned and unsweetened
baking soda
baking powder
reduced-sodium soy sauce
red curry paste
tahini
yeast
Worcestershire sauce
salsa
mayonnaise
dijon mustard
oils: extra virgin olive, canola, safflower, and non-fat cooking spray
vinegars: red wine, apple cider, rice, balsamic
low-sodium chicken, beef, or vegetable stock