

# Sample Menu Shopping List

## GRAINS:

- 6-inch whole grain corn tortilla
- 8-inch whole grain flour tortilla
- Whole wheat bread
- Quick cooking oats
- Brown rice
- Whole grain cereal

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## VEGETABLES:

- Lettuce
- Avocado
- Spinach
- Cucumber
- Onion
- Garlic
- Baby carrots
- Broccoli florets
- Red Pepper
- Fresh Salsa
- Avocado

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## FRUIT:

- Apple
- Cantaloupe
- Grapefruit
- Raisins

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## PROTEIN:

- Turkey breast
- Chicken breast (boneless/skinless)
- Black beans
- Egg
- Hummus
- Unsalted almonds
- Chopped walnuts

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## DAIRY:

- Plain, non-fat yogurt
- Skim (fat-free) milk
- Fat-free ricotta cheese
- Low-fat mozzarella
- Low-fat cheddar cheese

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