

"On the Go" Shopping List for Week 1

Seasonings

- Fat-free mayonnaise
- Salt
- Pepper
- Large container Italian breadcrumbs
- Olive Oil
- Red wine vinegar
- Soy sauce
- Basil

Fruits and Vegetables

- Frozen vegetables (Broccoli, Carrots)
- 2 zucchini
- 2 apples
- Honeydew melon
- 2 pints strawberries
- 4 kiwi fruits
- 2 mangoes
- Pineapple chunks (fresh or canned)
- Green onions
- Onions
- 1 large package celery
- 2 cloves garlic
- 1 jar roasted red peppers
- Jalapeno Chili pepper

Meat, Poultry, Fish

- 3 pounds boneless, skinless chicken
- 2 eggs

Pasta, Rice, Breads

- 1 box Penne pasta
- 1 large package rice
- 1 large jar tomato pasta sauce
- 4 French rolls

Other

- 1 can tomato soup
- 1 can fat-free Cream of Mushroom soup
- 2 packages skim shredded mozzarella cheese
- Parmesan cheese
- Lime juice
- Honey
- Roasted peanuts
- Unsweetened coconut



"On the Go" Shopping List for Week 2

Seasonings and Extras

- Tarragon
- Powdered mustard
- Basil
- Garlic cloves
- Capers
- Salt and Pepper
- Walnuts
- Parmesan cheese
- Paprika
- Unseasoned bread crumbs
- Olive oil
- Parsley
- Chives
- Rosemary
- Oregano
- Slivered almonds

Vegetables and Fruit

- 1 vidalia onion
- 2 lemons (for juice and zest)
- 1 green pepper
- Scallions
- 12 tomatoes
- Asparagus
- 2 summer squash

Meat, Poultry, Fish

- 1 pound lean ham
- Mahi mahi fillet (3 pounds)
- 8 oz. raw lean flank steak

Pasta, Rice, Bread

- 1 loaf whole-wheat bread
- 1 8-ounce box spaghetti
- 1 8-ounce box linguini

Other

- Salsa
- 1 package reduced-fat cheddar cheese
- Vegetable cooking spray
- 2 tablespoons margarine
- Flour
- Skim milk
- Flour tortillas



"On the Go" Shopping List for Week 3

Seasonings and Extras

- Lime juice
- Honey
- Lemon juice
- White wine vinegar
- Paprika
- Olive oil
- Reduced sodium soy sauce
- Worcestershire sauce
- Pepper
- Tarragon
- Basil leaves
- Oregano
- Vegetable cooking spray

Vegetables and Fruit

- 4 kiwi fruits
- 1 can water chestnuts
- 1 red onion
- Romaine lettuce
- Yellow onion
- 1 red bell pepper
- 1 can cream-style corn
- 4 cloves garlic
- 1 head of broccoli
- 1 package carrots
- 1 zucchini
- 1 package mushrooms
- 1 package spinach

Meat, Poultry, Fish

- 2 pounds Fillet of white fish
- 4 pounds boneless, skinless chicken breasts
- 1 pound lean ham

Pasta, Rice, Bread

- 1 package seasoned bread cubes
- 1 box long grain wild rice

Other

- 4 ounces fat-free mozzarella cheese
- Fat-free Parmesan cheese
- Skim milk
- Margarine



"On the Go" Shopping List for Week 4

Seasonings and Extras

- Breadcrumbs
- Low-fat Italian dressing
- Lemon pepper
- Salt
- Pepper
- Paprika
- Basil
- Crushed red pepper
- Low-sodium chili sauce
- Ginger
- Italian herb seasoning
- Balsamic Vinegar
- Sugar
- Oregano
- Low-sodium soy sauce
- Corn starch
- Sesame seeds (toasted)
- Garlic flavored salad dressing
- Slivered almonds

Vegetables and Fruit

- 3 cloves garlic
- 1 onion
- 1 green pepper
- 4 green onions
- 1 can no-salt-added tomatoes
- Pineapple chunks
- Mixed greens
- Scallions
- Mangoes
- Celery

Meat, Poultry, Fish

- 6 pounds boneless, skinless chicken breasts

Pasta, Rice, Bread

- Corn-flake cereal
- Beef ravioli

Other

- Low-sodium Chicken Broth
- 1 (14-oz.) can crushed tomatoes
- 1 can frozen orange juice concentrate
- Non-stick cooking spray

