

shopping list

Print out and check off the foods you need; add others you want to buy. Use the Barcode Scanner on the Mobile app (for subscribers) to check SmartPoints™ values when you shop. Foods in green are included in the Simply Filling technique.

Produce

- ☐ **Fresh fruit**
- ☐ **Fresh vegetables** (broccoli, carrots, peppers, potatoes, squash, etc.)
- ☐ **Fresh herbs**
- ☐ **Packaged lettuce, coleslaw mix, or shredded carrots**
- ☐ **Pre-cut fresh vegetables** for soup, stir-fries, and kabobs

Meat/Poultry/Fish

(fresh and/or frozen)

- ☐ **Skinless chicken breast, turkey breast,** or chicken thighs
- ☐ **99% fat-free ground turkey** or **93% lean ground beef**
- ☐ **Lean pork chop** or **pork loin**
- ☐ **Lean, trimmed flank steak, beef tenderloin, or strip sirloin**
- ☐ **Tuna fillet, wild salmon,** or **flounder**
- ☐ **Shrimp**

Dairy

- ☐ **Fat-free milk** or low-fat milk
- ☐ **Regular soy milk** (plain)
- ☐ **Eggs** or **egg substitute**
- ☐ **Fat-free cheese** or regular cheese
- ☐ Low-fat shredded cheese or string cheese
- ☐ Almond milk
- ☐ Crumbled feta or Parmesan cheese
- ☐ Low-fat cream cheese
- ☐ **Fat-free cottage cheese**
- ☐ **Fat-free plain Greek yogurt**
- ☐ **Silken** or **firm regular** or **low-fat tofu**

Bread/Cereal

- ☐ **Reduced-calorie bread** or **hamburger buns**
- ☐ **Thin sandwich bread** or **light English muffins**
- ☐ Whole-wheat or corn tortillas*
- ☐ **Plain oatmeal** or **cream of wheat**
- ☐ **Unsweetened shredded wheat** or whole-grain cereal*

Deli

- ☐ Roasted whole chicken
- ☐ Lean deli meats*
- ☐ Hummus

Grains/Pasta

- ☐ Whole-grain pasta* or regular pasta
- ☐ **Brown rice** or white rice
- ☐ **Bulgur, quinoa, or barley**
- ☐ **Dry lentils**

Canned Foods/Staples

- ☐ **Canned tomato sauce** or jarred marinara sauce
- ☐ **Canned diced tomatoes**
- ☐ **Fat-free salsa**
- ☐ **Canned black beans** or **chickpeas**
- ☐ **Canned vegetables** (without added salt, sugar, or oil)
- ☐ **Canned unsweetened fruit** (in water)
- ☐ **Reduced-sodium chicken** or **vegetable broth**
- ☐ **Canned white tuna** (packed in water) or **canned salmon**
- ☐ Peanut butter
- ☐ _____
- ☐ _____
- ☐ _____

Snacks

- ☐ **94% fat-free microwave** or **air-popped popcorn**
- ☐ Baked potato chips or baked tortilla chips
- ☐ Sugar-free gelatin
- ☐ Almonds

Frozen

- ☐ **Frozen vegetables** (without added sauce and salt)
- ☐ **Frozen unsweetened fruit**
- ☐ **Veggie burgers** (with 2 g of fat or less)
- ☐ **Vegetarian ground “meat”**
- ☐ Whole-grain waffles
- ☐ Weight Watchers ice cream bars
- ☐ Sorbet

Seasonings & Condiments*

- ☐ Cooking spray, oil and vinegar
- ☐ Salt and pepper
- ☐ Dried herbs and spices, seasoning mixes, dry rubs
- ☐ Fat-free or low-fat salad dressing
- ☐ Fat-free mayonnaise
- ☐ Hot sauce
- ☐ Mustard
- ☐ Ketchup
- ☐ Reduced-sodium soy sauce
- ☐ Steak sauce
- ☐ Teriyaki sauce
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

*Some brands might work with Simply Filling; check your Tracker.