

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