



LIZ'S HEALTHY TABLE SUPERMARKET SHOPPING LIST

Don't forget your REUSABLE BAGS

PRODUCE

Apples	Cole Slaw/Broccoli Slaw	Melon
Asparagus	Cucumbers	Mushrooms
Avocado	Grapes	Onions/Garlic
Bananas	Green Beans	Oranges/Grapefruit
Bell Peppers	Greens: Kale, Spinach, Swiss Chard	Pears/Peaches
Berries	Kiwifruit	Potatoes/Sweet Potatoes
Broccoli	Herbs	Squash
Brussels Sprouts	Lemons/Limes	Tomatoes
Carrots	Lettuce	Zucchini
Cauliflower	Mango	

FROZEN FOODS

Berries	Garlic, minced	Shrimp
Broccoli	Ice Cream/Frozen Yogurt	Spinach
Cauliflower	Mangos	Sweet Potato Fries
Chicken Nuggets, all natural	Peas	Vegetables, mixed
Corn Kernels	Potatoes, hash browns	Waffles, whole grain
Edamame	Ravioli/Tortellini	Winter Squash
Fish Sticks	Sausage, low-fat breakfast	

CANNED FOODS

Beans: Black/Pinto/Cannellini	Pumpkin	Soup
Chickpeas	Refried Beans	Tomato Sauce
Corn	Salmon, boneless, skinless	Tomatoes, crushed, diced
Pears/Peaches/Pineapple	Shrimp/Sardines/Crab	Tuna

DAIRY PRODUCTS

Butter/Spreads	Grated Parmesan Cheese	Shredded Reduced-Fat Cheddar
Cheese Sticks	Meat-free Grounds	Tofu
Cottage Cheese	Milk: Cow, Soy, Coconut, Almond	Yogurt
Cream Cheese	Orange Juice	
Eggs, omega-3	Shredded Part-Skim Mozzarella	

GRAINS

Bread Crumbs	English Muffins, whole-grain	Quinoa
Bread, whole wheat	Flour Tortillas	Rice
Breakfast Cereal	Oats	Taco Shells
Bulgur/Barley/Couscous/Farro	Pasta, whole wheat	

MEAT

Beef	Ground Beef, lean	Seafood
Chicken	Ground Turkey, lean	
Deli Meats & Cheeses	Pork	

CONDIMENTS & OILS

Agave Nectar	Lite Soy Sauce/Teriyaki	Olive Oil/Cooking Oil
Barbecue Sauce	Mayonnaise	Salad Dressing
Honey	Mustard	Salsa
Ketchup	Nonstick cooking spray	Vinegar

BAKING

Baking Powder	Flour, all-purpose	Raisins/Dried Fruit
Baking Soda	Flour, whole wheat	Sugar, granulated/brown
Cocoa Powder	Gluten-Free Baking Mix/Flour	Sunflower Seeds
Coconut Oil	Mini Semi-Sweet Chocolate Chips	Wheat Germ
Cornstarch	Pumpkin Seeds	
Flaxseed, ground	Nuts	

HOUSEHOLD

Aluminum Foil	Facial Tissues	Plastic Wrap
Bathroom Tissue	Laundry Detergent	Sandwich Bags
Cleaning Supplies	Napkins	
Dishwasher Detergent	Paper Towels	