

## WORKSHEET 11

# GROCERY LIST

### PANTRY

Keep your pantry stocked with healthy food options during treatment and recovery. Use this suggested grocery list to get started. Keep in mind that these foods are only suggestions. Make changes, as necessary, to accommodate food allergies or to follow the nutrition guidelines recommended by the healthcare team.

#### Grains

- Whole-grain breads
- Crackers
- Whole-grain rice and pasta
- Oatmeal and hot cereal
- Couscous, bulgur wheat and quinoa
- Cereal
- Natural popcorn
- Flour and breadcrumbs
- Whole-grain cereal

#### Fruits/Vegetables

- Canned and dried fruits
- Applesauce (unsweetened)
- Potatoes and sweet potatoes
- Onions and garlic
- Canned tomatoes and veggies
- Instant mashed potatoes

#### Dairy

- Nonfat dry milk or whey protein powder
- Evaporated milk

#### Proteins

- Canned fish and chicken (packed in water)
- Natural peanut and almond butter
- Unsalted nuts and seeds
- Canned and dried beans/peas
- Protein bars

#### Fats and Oils

- Olive and canola oil
- Cooking spray

#### Other

- Low-sodium soup and stock
- Dried herbs and spices
- Assorted vinegars
- Decaffeinated teas
- Decaffeinated coffee
- Flavored drink mixes
- Pudding and gelatin
- Honey, sugar or stevia

#### Extra Pantry Groceries:

---

---

---

## REFRIGERATOR AND FREEZER

### Grains

- Whole-grain waffles
- Whole-grain breads

### Fruits/Vegetables

- Fresh fruits and veggies
- Packaged salad
- 100% juice concentrate
- Tomato or fruit salsa

### Dairy

- Low-fat milk
- Low-fat yogurt
- Low-fat cheese
- Low-fat cottage and ricotta cheese
- Fortified soy, almond and rice milk
- Sherbet, yogurt and ice cream

### Proteins

- Eggs
- Skinless chicken breast

- Lean pork
- Lean beef
- Turkey breast
- Hummus
- Fish or shrimp

### Fats and Oils *(Use full-fat choices if weight loss is an issue)*

- Low-fat mayonnaise
- Low-fat salad dressings
- Low-fat sour cream
- Soft *trans*-fat-free margarine (in a tub)

### Other

- Fortified 100% juice
- Sports drinks
- Nutrition drinks
- Popsicles
- Ready-to-eat meals

### Extra Groceries:

---

---

---